



#660 Viruses, Vaccines, and the Case for “New Biology” With Dr. Tom Cowan

Dr. Wendy Myers

Hello and welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by toxins, and more advanced topics than you're going to hear on other shows, like today's show. It is really interesting. We're going to be talking about the new biology and why so many things that you just take as truth in health are not so.

I personally think we're almost like living in a matrix when it comes to health advice, that many of the things you're told to do, you should be doing the exact opposite. Many of the drugs you're taking for supposed health issues that you have, you need to not be doing those things, and we're going to be talking exactly why that is on the show today.

We'll also talk about the virus delusion and how viruses actually do not exist, and there's no proof whatsoever that viruses exist or that viruses cause health issues and symptoms. We're going to go into detail about why that is. So this is a very good show and one of the best podcast interviews that I've done.

This is very important information for people to listen to. For those truth-seekers out there who want to continue to learn, have an open mind, look at new possibilities and a new way of looking at things, our health, and what's actually at the underlying root causes of our health issues, this is a very important show to listen to.

Dr. Cowan, thank you so much for coming on the show.

Dr. Thomas Cowan

It's okay, and you can call me Tom.

Dr. Wendy Myers

Why don't you tell us a little bit about yourself, your work, and how you got into health?

Dr. Thomas Cowan

I had a fairly regular childhood, and I was around a lot of doctors. My father and grandfather were dentists. A lot of our family friends were doctors, some even fairly famous ones. But I didn't want to have anything to do with it, so I tried to do anything else. I joined the Peace Corps and taught gardening. There, I met the work of Weston Price and found out that there was a different way to be a doctor than what I had heard.

I realized I was actually interested in it, so I went to medical school knowing I was going to do something different. I didn't really realize it, but I've spent most of my career trying to figure out what I was, from what I had learned, was actually true. I sort of wrote books about that, like *The Heart Doesn't Pump the Blood*, *Blocked Arteries Don't Cause Heart Attacks*, and *Cancer Has Nothing to Do with Genetics*, and *Vaccines are Neither Safe nor Effective*.

Later on, I looked into whether there's any evidence for viruses and found out there isn't, and that there's such a thing as genes that code for proteins, which I think is disputable, and many other things. So I just kept looking for the foundational evidence for what I was looking at. Once you do that, then you realize that the foundation of modern medicine is basically a house of cards.

Dr. Wendy Myers

Let's talk about some of those myths, or what you call the new biology principles, because I'm in agreement with you. It's almost like the matrix of health, where everything you're told to do, you should be doing the exact opposite. What are some of your top pet peeves when it comes to medicine?

Dr. Thomas Cowan

The recent one, and obviously this is a big topic, was the evidence that there is such a thing as a virus. So what I learned, and this was a key to my being able to understand these issues, is that I didn't realize this, because I, like most doctors and most scientists- this is maybe an inflammatory statement- are actually scientifically illiterate. What I mean by that is science is a process of investigating claims, not competing theories.

Let me give you an example so it's very clear. Let's say you're an Asian guy, 18 years old. Your parents are Caucasian. You always wondered about that. You rummage through your parents' closets. You find adoption papers. They got you from an orphanage in China. You never saw pictures of your mother pregnant. You go confront your parents, and they say, 'Yes, and we were waiting to tell you,' and so it's very clear. Then you go to your best friend, and you say, 'Yeah, I'm a little shook up. I just found out I was adopted.' And he says, 'So who are your real parents?' You say, 'I don't know. I just got me from some place in China.' So he says, 'Until you tell me who your real parents are, I don't believe you were adopted.'

From this example, it's crazy. Nobody would say that. But you know how many people I've told, 'There's no evidence for a chickenpox virus,' and they say, 'So what causes chickenpox? Who are your real parents? Instead of saying, there's a claim that there are these submicroscopic particles that have a certain morphology. They have a certain protein coat, DNA or RNA interior. They use the host cell machinery to replicate. They replicate and thereby cause disease and get passed from one person to another. That's what we're told. So you say, 'So what is the evidence that that claim is true? How does a virologist actually prove there's a virus and show that it causes disease?'

Now, here's the fascinating part for me. I was a family doctor for 37 years, went to medical school, had family practice residency, became a fully trained doc, and worked in the ER for a while to make money. I couldn't tell you seven years ago how anybody knew there was a virus. That's weird because if you go to your family doctor and say, 'How do you know there's a virus? How does a virologist prove the existence of a virus?' He or she will not know. I thought, 'Well, that's weird,' so I went and tried to find out.

Let me give you an example of how they did it. They said there's a new disease called polio where you get paralyzed. They said it started in the early 1900s, maybe late 1800s. They found a child who was paralyzed and died. They called it polio. They did it on autopsy. They took some of the spine that was diseased, ground it up, and injected it. They ground it up; didn't look or see a virus. They didn't see anything. Ground it up, and injected it into the brain of two monkeys. One monkey died. One got paralyzed. They said that proves polio is a contagious disease caused by a virus. I read that and thought, 'You have to be kidding.'

First of all, they didn't inject a normal spine. They'd inject saline. Maybe monkeys don't like having 10 ccs of diseased, dead spinal goop injected in their brain. There's nothing about a virus in that story. So then they do it for 40 years, thousands of monkeys they killed this way for proving. That's called the isolation of the polio virus. Isolation means separating one thing from everything else. That was never done. So then in 1953, a guy said, 'I'm going to take a normal spine, inject it into a monkey's brain, and see what happens.' You know what happened? The monkey died and got paralyzed. He said, 'Well, that proves that way doesn't work because they didn't have a virus. But never mind, we have a new way to isolate, find a virus.'

In 1954, a guy named John Enders won the Nobel Prize for isolating the virus. The reason I say that's important is that is the way we isolate a virus in 2026. Same way, SARS-CoV-2. He took a child who allegedly had measles and hence had mucus and a rash. He took some of the mucus, didn't look for a virus, didn't find a virus, and inoculated that on a culture of monkey kidney cells. Then he added kidney poison antibiotics, like gentamicin, amphotericin, and penicillin. Took away the food or the nutrients. Three days later, the monkey kidney cells died, and he said, 'That's called the isolation of the virus.'

To make it even goofier, he did the same thing: incubated monkey kidney cells, added antibiotics, took away the nutrients, and added some chemicals. Didn't add anything from anybody with measles, and you know what happens? Three days later, the monkey kidney cells died. He said the results were indistinguishable, but never mind; this is called the isolation of the virus. That's how they isolated SARS-CoV-2. They took some mucus from somebody allegedly with COVID, whatever that is, inoculated on monkey kidney cells, added antibiotics, took away the nutrients, added chemicals, and the monkey kidney cells died.

The researchers don't do a control, and that's called the isolation of the virus. Then they show you electron microscope pictures of these particles that they say, 'See? That's the SARS-CoV-2.' But then you can find pictures of monkey kidney cells dying, no virus, from kidney biopsies in the 1990s. Identical pictures. That's just monkey kidney cells dying. It's a joke, and yet the whole world was taken over by this scam. To this day, Ebola, and what do we do about measles, and Marburg virus, and avian bird flu, they kill 20 million chickens for no reason. It's an unbelievable scam

Dr. Wendy Myers

I absolutely agree. Whenever I see an outbreak of measles or whatever the case may be, I immediately think that it's the injections, the vaccinations that people are being given that are causing this. Is that your opinion?

Dr. Thomas Cowan

Well, the interesting thing about measles, and this was a real revelation for me. I'm not going to quote it, but the CDC's (this is their people) official word is nobody can tell from the clinical signs and symptoms who has measles versus 10 other so-called diseases. The rash is the same. Even the Koplik spots, the white spots in the mouth, have now been shown to occur with six or seven other so-called viral diseases. They say nobody can tell by looking at a child or a person who has measles and who doesn't. That's what they say. You have to do a molecular test, which is based on the virus, which has never been found.

But here's the thing. In 1963, when they invented the measles vaccine, they didn't have any molecular tests. No antigen tests, no antibody tests, no PCR. Therefore, by their own logic, they had no idea who had measles and who didn't because they just said you can't tell. So where do all these statistics come from that we reduced the incidence, we saved this? We didn't know who had measles and who didn't. So what were you testing? What were you treating with these vaccines? How do you know that it got better if you didn't know who had it and who had it afterwards?

Then they changed the diagnostic criteria. Like with polio. If you were sick and got paralyzed for a day, you had polio. Afterwards, they do the vaccine, and if you were sick, you had to be paralyzed for four to five months, or it wasn't polio. So 95% of the people were no longer told they had polio because the paralysis got better after four

months. The incidence of the disease went down by 95% because they changed the diagnosis.

With measles, if you've been vaccinated, then you don't have measles. If you weren't vaccinated and you got the same rash and symptoms, then you have measles. Then they say, 'Well, it's a disease of the unvaccinated.' Oh, right, because the criteria is if you are vaccinated, you don't have it. This is called science. I'm supposed to be a medical doctor and follow this kind of stuff, which is completely illogical.

You take children who have just a normal sort of, as you would say, a detoxification reaction because something isn't right in that they make mucus and have a skin eruption, and then they get better if you don't do anything to them. You poison them, they go on and have eczema and all kinds of chronic diseases because you've stopped their body from healing. It's not complicated. That's how we get chronically sick people.

Dr. Wendy Myers

It's simple. So do you feel like, beginning in the '50s and '60s, there was a concerted effort to create hysteria around viruses, create vaccines and a profitable industry for the pharmaceutical companies?

Dr. Thomas Cowan

I'm always hesitant to ascribe motives to people I don't know because I didn't ask them, 'Why did you guys do this?' There's certainly some of that. However, this is a larger intellectual problem, and it started with who knows when, but really got picked up speed in the late 1800s, early 1900s, especially with Einstein's relativity. I don't want to go into the whole story, but he said that we are going to substitute ideas and models for actual observations and experiments.

In other words, the way science has been done is you make stuff up which sounds right to you based on your conception of the world, and it doesn't matter if you've never observed it. It doesn't matter if the experiments contradict it, for instance the viral isolation. That's the way we do science. They just start making stuff up, and they believe in their made-up world.

There is some nefarious aspect to this, like you said. It turns out that most of the stuff that's made up is good for controlling and scaring people, and hence making them

buy your stuff. It is about poisoning people and making them into patients, clients, et cetera. So that's true. But the doctors are not all in on it. The scientists are not all in on it. They believe in their models. They've confused models for reality. That's the problem.

Dr. Wendy Myers

This especially holds true for the COVID pandemic. I'm hoping anyone listening doesn't buy into the idea that this was some naturally occurring virus that naturally spread to the entire world, when no virus ever in history has ever had the capability of doing that or that the vaccine had any hope of working or doing anything except making a lot of people very ill.

Dr. Thomas Cowan

Or even worse, an engineered virus.

Dr. Wendy Myers

Yes, lab-created virus.

Dr. Thomas Cowan

Yes, gain of function. See, one of the methods that the psychopaths use is they always tell you two opposing sides of the story, or seemingly opposing sides. One is naturally occurring, and the other is engineered, and those are the only two options. Both of them are fear narratives, which are not true, because you can't gain the function of something that doesn't exist.

If you ask any of these gain-of-function, so-called health freedom people just a simple question, 'How does a virologist prove the existence of a virus? How did they prove SARS-CoV-2 actually is a real thing?' They have no idea, which is really weird. How do you gain the function of something that doesn't exist? They've sold that turkey to Congress and the Children's Health Defense, and you name it. They've sold it big time, and it's nonsense.

Dr. Wendy Myers

Where did that start? That term 'gain of function' starts with HIV, which I believe was also created by Dr. Fauci.

Dr. Thomas Cowan

Well, he didn't create HIV.

Dr. Wendy Myers

Well, not to create it, but...

Dr. Thomas Cowan

Because there is no HIV.

Dr. Wendy Myers

Yeah, just the concept.

Dr. Thomas Cowan

The concept of it, and the fear. The creation of the idea that there is a retrovirus that is the cause of AIDS. There's some interesting studies on this. There was a guy, I usually know his name, but I'm blanking on it. A famous virologist who ended up doing a study. So a virus is supposed to be a specific biological entity. It's not an idea or a thought. It's a particle.

Dr. Wendy Myers

Is it Louis Montagnier?

Dr. Thomas Cowan

It wasn't Montagnier. It was one of those guys. He did an interesting experiment. If a virus should have its own set of proteins to make it distinct (like an elephant has different proteins than a lizard or something) HIV should have a different set of proteins than you. So he took a person with full-blown AIDS, swollen lymph nodes, HIV positive, took their sample of the lymph node, did electrophoresis, and got 28 proteins. Those are the proteins allegedly from the lymph node and the virus that was infecting the lymph node. That's what he found.

Then he takes somebody who's completely normal, no symptoms, takes a lymph node, puts it under electrophoresis, gets the exact same number and kind of proteins, 28 proteins, proving that all of those proteins came from the lymph nodes,

not from HIV. There was nothing different about the components of this lymph node. So where's the virus?

I'll tell you the other thing about HIV. It started in 1984. That's when Gallo announced that they found the cause of AIDS, HIV. That's the year I graduated from medical school. Now, I don't know about you, but I learned the way the immune system works. We don't have an immune system, but they made that up. So you get a virus, you make antibodies, and then you're immune for life. Get the measles virus, you make antibodies and you have the antibodies for life. You will never get measles again. You get chickenpox, get antibodies and you never get chickenpox again, except you might get shingles, but that's because the immune system wears out.

Similarly, you get the flu virus, get antibodies and you never get the flu again, except you get it the next year, but that's because it's a different flu. But never mind, antibodies protect you for life. Then your guy gets on the television, says, 'We found the cause of AIDS, HIV. How do we know? Because we found antibodies.'

I remember hearing that. I was walking down the street, and antibodies mean the virus is going to kill you. I said to my friend, 'Wait a minute. I spent four years learning that antibodies mean I'm protected, and this clown just told me that if I have antibodies, that means the virus is going to kill me.' Where did they change the rules? How do they know that? The answer is they just made it up. It's a joke, except it's not funny, because people then take drugs to kill their virus, which kills them. That's what happened with AZT.

Dr. Wendy Myers

Which is?

Dr. Thomas Cowan

There's nothing about that illness. I'm not saying that people aren't sick. I'm not saying that people don't die. I'm not saying that maybe something needs to be done. I'm saying there is no evidence that there is any virus out there, ever. If anybody disagrees, they're going to have to show me how they found it. I've seen all the studies, and it's just a joke.

Dr. Wendy Myers

It's interesting, the AZT is?

Dr. Thomas Cowan

\$4,000 a month to take that.

Dr. Wendy Myers

It's incredibly expensive

Dr. Thomas Cowan

And you get killed.

Dr. Wendy Myers

Yes.

Dr. Thomas Cowan

It destroys your liver, among other things.

Dr. Wendy Myers

Yeah, then they have to be on it for life.

Dr. Thomas Cowan

Yeah, lifelong patient. It's a great gig if you can get it.

Dr. Wendy Myers

What do you think is causing the symptoms? When people have COVID, AIDS, and the flu, what is going on there, since this is the new biology, these new principles that we need to reprogram what we've learned for many decades?

Dr. Thomas Cowan

It's a good question, but I need to go back a step, because the problem is, and this took me a long time to sort out, that these things which we learned, and I learned, I mean, I'm a trained medical doctor, for God's sake, I learned there are these categories of diseases. There's COVID, the flu, heart attacks, rheumatoid arthritis. You name it, there are thousands of them. And they're all distinct.

So if you ask the question, 'how do you know something is COVID as opposed to one of the other ones? Same symptoms, how do you know?' There's no way to tell. In fact, they tell you, you can't know. You have to do a test, which is dependent on a virus, which they can't show you how it happened. I then made the leap that these diseases don't exist, and here was the big revelation for me: these things we call symptoms are not diseases but the body's attempt to heal.

Let me give you an example. You get a splinter in your finger, what happens? You don't take it out. It gets red, has pus, and then it pops the splinter out. Is the redness, the pus and the pain a disease, or is that the therapy for the splinter? It's the therapy for the splinter. What about if you breathe in dust, debris, chemtrails, and smoke, all that into your lungs, and then next week, next month, next year, you cough and have mucus and greenish-yellow phlegm, and then you don't feel good. Is that the disease, like I was told, 'You have bronchitis,' or is that the body's way of cleansing the stuff out of your lungs? So these are not diseases, these are therapies.

Sometimes I ask people who interview me, 'What do you do if somebody puts garbage in the foyer of your house? What do you do?' You take it out. First you put it in a bag or a can. Then you take it to the garage. Then you take it to the curb. So if somebody puts garbage in your house, called your body, you put it in a bag. That's called a tumor. The tumor is not a disease any more than putting garbage in a garbage can is a disease.

You have to do it, otherwise you can't take the garbage out. And then you take it out to the curb. You poop it out, sweat it out, pee it out, cough it out, emotional it out, you name it. Then you're better. But if you keep putting garbage in, then you have to have more bags, the garage gets full, you put it in the bedroom, you put it in the kitchen and the living room, and then you can't live in your house anymore. We call that dying.

I started getting into this because I asked an oncologist in medical school, 'So you put garbage in your breast or your prostate, and then it goes to your liver', they say it metastasizes. I asked him, 'How do the cells get from your breast to the liver?' 'Goes through the bloodstream,' that's what they said. 'Okay, can you show me the cancer cells in the bloodstream?' 'No.' It's the same with the virus. Can you show me the virus in the fluids of a sick person? No, you have to put it in a culture first, because

otherwise you can't see it. How do you know it moved through the blood if you can't find it in the blood?

Dr. Wendy Myers

Well, Tom, how else did it get there?

Dr. Thomas Cowan

It's just like your garbage crawled from your garage to your spare bedroom, so you should be able to find it in the hallway. But you can't find it in the hallway, because it doesn't crawl from the garage to the bedroom. It's just your body got full of garbage, the garage got full, so it put it in the next place, and your body got full of poisons in your breast, so it put it in the next place.

If you think like that, it's easy to see what to do about it. Don't put garbage in. Take it out faster, enemas, sweat lodges, castor oil packs. There's lots of different ways. Fasting. The particular therapy is relevant, yes, but it's the thinking that's the key. This is not a disease. It's your body's wise attempt to deal with a person who keeps putting garbage in their house.

Dr. Wendy Myers

So if you are asked, what kind of garbage?

Dr. Thomas Cowan

Vaccines, pharmaceuticals, surgeries, glyphosate, bad food, emotional toxicity, psychological terror, fear, delusional thoughts.

Ads 27:05

I'm always looking for ways to up my game when it comes to my beauty regimen, and that's why I use Bon Charge's red light face mask. It's something that's super easy to incorporate into your routine every day. It's super lightweight, and it's something that I highly recommend to anyone who's looking to improve their beauty, anti-age their skin, and get rid of age spots and just generally looking to improve the texture of their skin as well.

Bon Charge's premium products are grounded in science. They're a very purpose-driven company. That includes their red light face mask, which combines

beauty and wellness technology for more radiant and glowing skin in as little as 10 minutes a day. It uses optimal wavelengths of red and near-infrared light that are suitable for all skin types. Plus, the mask is lightweight, portable, and contours perfectly to your face as well. I use my red light face mask every night. It's part of my nighttime routine. It's super easy to use. You can just put it on. It has little eye holes, so you can still, like, look at your phone or do whatever you're doing at the end of your day. But you can use it any time.

You can use it a few times a day if you want, but it's definitely something I've been doing for about six to eight months now. I've definitely noticed a big change in the texture of my skin, an improvement in the appearance of the skin, a reduction in fine lines, and a reduction in little age spots. I'm super happy with the results, and consistency is key. Also, Bon Charge products are HSA/FSA eligible. That gives you tax-free savings of up to 30%, so that's fantastic. So if you wanna get your own Bon Charge red light face mask, just go to boncharge.com and use my exclusive coupon code WENDY at checkout to get 15% off. You'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer.

Dr. Thomas Cowan

In other words, stop watching the news, eating processed food. I mean, most food is processed. Sauerkraut is processed, but you know what I mean, chemical food. For me, a lot of it boils down to: we have to stop believing in this make-believe world. That is what is killing people. Like, I had a guy I knew who was an anthroposophical doctor, and he believed in viruses, and he spent his career giving AIDS people HIV drugs. That was his belief. He had no idea how you knew there was a virus or not. I know that.

Anyways, COVID happens and he gets three COVID shots. Two days after the third one, he's dead in his bed, an otherwise healthy guy. He had a stroke. Why did he die? You could say he died because the COVID shots caused blood clots, and he had a stroke, etc. That's true, but he died because he believed in viruses, and he did a reasonable thing for a scary virus, which is to give himself some poison, which he didn't think was poison, and it killed him. That's the consequence of believing that your body's collecting garbage, and what you should do is put more garbage, called chemotherapy, into your body to help you resolve this problem. I mean, that's nuts.

Dr. Wendy Myers

It's insane.

Dr. Thomas Cowan

It's absolutely insane.

Dr. Wendy Myers

It's insane to do radiation and chemo

Dr. Thomas Cowan

All these things that are the standard of care. I'm very passionate about this because my father died from his cancer treatments. My daughter developed neurological issues following vaccinations. Stopped those at 18 months, and when you have family members dying and being injured, you start questioning things.

Dr. Wendy Myers

You start questioning everything

Dr. Thomas Cowan

These are injuries because of the way we think. If these people had the right conception of what's actually happening, it's first of all a lot less scary. In fact, I think the first thing a person should do is be grateful that they have bronchitis, because the alternative is keeping the crap in your lungs. It doesn't feel good. You rest for a few days, and then you're better, truly better. But I don't know any doctors who think like that, hardly, except the ones in our clinic.

Homeopaths, Chinese medicine, they think like that now, or they always have. Holistic doctors don't think like this. They just give you turmeric instead of erythromycin, which may be better, but it's the same way of thinking, and it's the thinking which, to me, has become the key. Once you see it, you would never do that stuff again. There are no viruses. Why would you take a vaccine? If you can't tell me who had measles or chicken pox or smallpox or polio without a test, which wasn't available when they started the vaccines, how can you possibly say the vaccines helped?

Dr. Wendy Myers

That's crazy. Talk to us about the PCR test. Many people live and die by that sword. This test in some way showed that people were positive or negative for COVID. Tens of millions took the test. Can you talk to us about that?

Dr. Thomas Cowan

So a PCR test is a test of a segment of alleged genetic material that was unique to this particular virus. Then if they find it by amplifying the segments, (that's what they say they're doing. I don't think they are, but that's what they say), then they've proven that you have SARS-CoV-2 and COVID. Now, I would ask anybody who thinks this test is meaningful to say, 'Can you ever say that a piece of something came from something if you've never seen something first?'

If I'm walking through the woods and I find a toenail, and I say, 'This toenail came from a pink flying unicorn,' you might ask me, 'Tom, how do you know that? "Well, what else did it come from?' But you would probably want me to prove to you, A, there is a pink flying unicorn; B, it has toenails; C, this toenail came from that unicorn; and D, no other animals out there have this particular toenail. Those are the steps you would want to know.

If they're saying a piece of the genome of this virus came from the virus, here's the steps. One, they would have had to purify the virus. That's never been done. We have 225 different institutions including CDC, NIH, and Robert Koch Institute, who have said we have no example of a purified virus. So how do you know it came from that? Okay, that's the first problem, you don't have a purified sample, so you don't know it came from the virus.

Second, it's been proven that at least many bacteria and humans have that same piece of DNA or RNA. So not only haven't they proven that it came from the virus they're looking for, they have actually proven that there are other organisms that have that piece, which means there's no basis for the test. Unlike what a lot of the freedom doctors say, there are no false positives, there are no false negatives, it's just false.

Dr. Wendy Myers

Do you think there's an administration of anything nefarious in the PCR tests, putting the swab up in the nose really close to (I forget what it's called) the area that kind of goes directly to the brain, being scratched or touched by these PCR tests?

Dr. Thomas Cowan

Again, I don't know that for sure, but I would never let anybody do that test. First, it's a meaningless test. It's just like some people say, 'Well, how come some people test positive and some people test negative?' It's the same with AIDS antibodies. People who are sick are breaking down more quickly than people who are not sick. It didn't take a genius to figure that out.

When people are breaking down, they have more raw materials with which they can amplify to make the test positive. So you will see people's antibody levels, even though nobody has actually purified an antibody from anybody. Nobody has ever given a healthy animal or person a pure antibody and shown that it caused disease. Therefore, there is no such thing as an autoimmune disease, because that's the mechanism.

I have looked for a paper to show that giving somebody or an animal antibodies makes them sick. First of all, they can't purify an antibody, and second of all, they've never been able to show that it's the causative agent. So it's nonsense. But people who are sick break down, and therefore they test positive more often than people who are not breaking down, and that's misinterpreted as a positive test. Then you say, 'Well, I have these AIDS people, and they have high antibodies or high PCR, high viral load.' All that means is they're breaking down a lot, so they can use fewer cycles to amplify it and get a positive result.

Then they get better, if they do, and they have fewer antibodies, and their viral load is better, and you say, 'See, the virus got better.' 'No, they stop breaking down as much because they've stopped being poisoned, and their debris that you can amplify is less. That's all that means. The head of Harvard Immunology, a guy named Clifford Saper, has said there's no such thing as antibody specificity. He's the editor of some experimental neurology journals; they will not accept papers based on findings from antibody tests. So all these antibody tests for measles, HIV, rheumatoid arthritis, it's nonsense.

Dr. Wendy Myers

Let's talk about autoimmune diseases, because this is something a lot of people are supposedly dealing with, and are given steroids, immune suppressants. Give us your theory on all that.

Dr. Thomas Cowan

Whenever people say, 'Give me your theory,' I don't have a theory, I have an investigation of a claim. Otherwise, 'Oh, well, his theory doesn't make sense.' The claim is, because an autoimmune disease is your body foolishly making antibodies that attack your own tissue, it got confused. So you take rheumatoid arthritis, somehow you get a virus or something, you make antibodies, and those antibodies cross-react against your joints and destroy your joints, and that's why you're sick. That always sounded ridiculous on its face to me.

Dr. Wendy Myers

It is ridiculous.

Dr. Thomas Cowan

It always sounded ridiculous. Why would the human body, which is so innately intelligent, attack itself?

Dr. Wendy Myers

That has always never sat right with me.

Dr. Thomas Cowan

The first problem I had with that was the definition that you must have antibodies. That's the definition of an autoimmune disease. So I looked into how many people with identical symptoms as rheumatoid arthritis, just to give an example, classic autoimmune disease, with joint swelling, they don't feel good. How many of them test positive for rheumatoid factor? The answer is 60%. The other 40% have identical symptoms, but their rheumatoid factor is negative. So the question I asked was, 'So what do they have?' They said, 'Rheumatoid-factor-negative rheumatoid arthritis.'

I could use this example and say, see that's a chicken, and that one over there that goes meow, that's a featherless chicken', it's nonsense. Again, I said, 'so, same

symptoms, some have antibodies, some don't. Doesn't correlate with the severity or anything.' Then I said, 'has anybody taken an antibody'? That's how you would prove hammers knock in nails. You take the hammer, you only have the hammer, hit the nail with it. You don't take the toolbox, hit the nail with the toolbox and then claim it's because of the hammer. That's ridiculous.

Did they take a rheumatoid factor, that's an antibody, give it to an animal or a person? Can't they give it to an animal and make them sick? Never been done. Not one study. If anybody thinks there is a study, send it to me, and I'll come back and tell you I was wrong, but I know 100% sure there is no study, not with Hashimoto's, Graves' disease, and any so-called autoimmune disease. Nobody has taken an antibody and shown that it's the causative agent. So what are these antibodies? First of all, some people have them and some people don't. Doesn't seem to matter. They have the same degree of symptoms. So somehow the people are being poisoned, or they're having bad food, or both, right?

What I learned is that they don't have the same disease. Like, one guy came to me, he got a flu shot, and then a month later he's got rheumatoid arthritis symptoms. So what happened to him? He got poisoned. The next was a woman who became a vegan and didn't eat any collagen, and her joints became weak, and then they started getting inflamed because she ran all the time as she was not feeling good. And then her joints swelled, and she tested positive. She's starving. They're not the same disease. One guy's poisoned, one lady's starving.

Then you have people who have an emotional reaction to divorce, or their father beat me, or they were sexually abused or something (that was the precipitating event) and they started to ache, and that's their disease. They need totally different treatments. There's no sense in calling it rheumatoid arthritis. There is only an individual story, this is what happened to me. And that's how, in our clinic, we do medicine. That's how, for the last 20 years of my practice, that's what I did. A person came in, 'What happened to you?'

One of my best examples was a guy who said, 'I'm paralyzed from the waist down. It's been six years.' 'So what happened?' 'I was 12, captain of the soccer team, healthy guy, ate everything. My mother took me to get a flu shot. A week later, paralyzed from the waist down. I went to six neurologists. They all said it had nothing to do with the

shot, and I've been trying to get better, but I'm still mostly paralyzed six years later.' So I told the story back to him just like he told it to me, and I asked him, 'Is this right? Because if it isn't, I want you to correct me so I know you know I heard you and I got the story right.' He said yes, and he said, 'Do you think it had anything to do with the flu shot?'

At that point, I whipped out the package insert from the flu shot, which says Guillain-Barré, a fancy word for paralysis from the waist down, happens with flu shots. Then he said something very interesting, which a lot of people said: 'I knew it was that damn flu shot.' The next thing he said was, 'Do you know how to help me recover from being poisoned by a flu shot? Because if you don't, I'm going somewhere else.' I thought that was a great question. So I said, 'Here, do this.' Six months later, perfectly fine, everything's back to normal.

Dr. Wendy Myers

It's amazing to me when so many doctors say that vaccines didn't cause a health issue, or they're totally safe and effective, when they contain aluminum now, and we see in all the literature how aluminum kills brain cells, causes brain inflammation, neurological issues, and neuropathy. Yet we're injecting 72 shots into people before they're 18 years old.

Dr. Thomas Cowan

Oh, but it's not. It causes health issues outside the vaccines, but in the vaccines, no, it's perfectly safe and effective.

Dr. Wendy Myers

Yeah.

Dr. Thomas Cowan

Then they say, 'Well, but we've done toxicology studies with oral aluminum and shown that at that dose, it's safe.' In other words, eating a ham sandwich is the same as injecting a ham sandwich into your muscles. I don't know about you, but I don't particularly like ham sandwiches anyway. I'm certainly not going to inject it into my deltoid.

Dr. Wendy Myers

It's estimated you can get 13,000 micrograms of aluminum if you do the full 72-shot vaccine schedule by the time you're 18.

Dr. Thomas Cowan

The vaccine thing is a criminal enterprise. There's no other way to describe it.

Dr. Wendy Myers

I'm in agreement with that, absolutely.

Dr. Thomas Cowan

I tell you, the sort of health-freedom approach to this is, I think, horrible, because all you have to do is convince people there is no reason to inject this stuff. There are no viruses. These diseases they're saying do not exist in the way they say, and there is no gain from this. You can't even say that they reduced the incidence of whatever, because, like I said, you don't know who had it and who didn't, and all they do is change the diagnostic criteria, and it's scientifically bogus stuff. No vaccines.

Dr. Wendy Myers

That's why I do the show. I try to promote detoxification, saunas, coffee enemas, just eating healthy food, removing toxins from your life. I'm a big fan of bioenergetics, that is, using bioenergetic software and frequencies to address health issues. One of the things that concerns me...

Dr. Thomas Cowan

There are a lot of ways of doing this. I don't know if I answered you. This autoimmune disease is somebody who has been poisoned, starving, emotionally distressed, and delusional. I tell people there's four mechanisms of disease: there's injuries, like you fall off a horse; there's starvation, i.e. Food, clean water, emotional support, warmth, etc. There's poisoning and that's a big one, lots of different poisons; and the fourth one is you're delusional. That's really funny.

Dr. Wendy Myers

I think also people underestimate the power of food sensitivity reactions. They get very severe food sensitivity reactions as well, and they don't factor that in.

Dr. Thomas Cowan

I think most of that is bad food and poorly processed, poorly grown food in a person who's not doing well. The amount of people that I've seen who are, quote, 'allergic' to really grass-fed, raw butter, it doesn't happen. It's eating processed food and food that is not actually food. It just looks like food.

Dr. Wendy Myers

I agree. I think the diagnostic criteria has been changed for so many things for diabetes and hypertension to get more people on cholesterol-lowering medications, hypertension medication for life, diabetes medications for life, and the target just keeps getting lowered and lowered. In the past, you didn't have high cholesterol if you had 300, and now if you have 180 or 200, oh, immediately...

Dr. Thomas Cowan

Cholesterol, that whole thing, we don't have time to get into, but the whole blocked-artery thing is kind of a joke too. I wrote a whole book on that. Even the blood pressure. I tell people, if you have water flowing through a pipe, and the mechanism of making the water flow is weak, you clamp the tube down to increase the flow. That's not a disease. That's what your body does. If your flow is weak, you narrow the tubes to make more flow. That's an adaptive response, not a disease.

So they come along and widen the tubes, make you dizzy, tired, and weak. You will experience erectile dysfunction because they've decreased the flow, which your body was trying to fix by narrowing the tubes. If you don't want to have narrow tubes, you have to fix the flow, and that's usually pretty easy to do.

Dr. Wendy Myers

You can go on a walk.

Dr. Thomas Cowan

It's a connection between the sun and the Earth mainly that charges the water and makes it flow, and then you're all fine. Also known as pulse electromagnetic fields, another way to do it.

Dr. Wendy Myers

PEMF mat.

Dr. Thomas Cowan

Yeah.

Dr. Wendy Myers

So, Tom, is there anything else you wanted to elaborate on, or that you wanted the audience to know?

Dr. Thomas Cowan

There's so many things. But we do weekly webinars, and I've written all these books, and we have websites. Some of them are devoted to food that we carry, that's grown the best, processed the best, and really tastes good. That's Dr. Cowan's Garden. Then we have the sort of medicine division, which is Dr. Tom Cowan, that's the medicines that I use in my practice and that we use in the clinic. Then we have a place where doctors who think like this, who actually try to help you, are called the New Biology Clinic. So if people want to know more, that's where they can go.

Dr. Wendy Myers

Fantastic. Well, Tom, just when you think you know everything, you come and dispel more nonsense and more myths.

Dr. Thomas Cowan

Yeah, it's endless. We were sold a bill of goods.

Dr. Wendy Myers

It's a shame. A lot of medical doctors are going to medical school wanting to help people and to make a difference, and they are

Dr. Thomas Cowan

They're taught so much nonsense.

Dr. Wendy Myers

Emergency medical care is fantastic, but a lot of the chronic disease management is just an absolute joke.

Dr. Thomas Cowan

Absolute joke.

Dr. Wendy Myers

You know, when I look back, I really wonder why none of us said, 'Okay, so you're saying these antibodies cause disease, can you show me a study where the antibodies cause the disease?' We all just assumed somebody must have done that.

Dr. Thomas Cowan

Somebody must have proved there was a virus. Then they show you a picture of it. And people write in your comments, 'Oh, I've seen pictures of the chicken pox virus.' But what you don't know is that you can show the exact same pictures from just broken-down chicken embryo eggs. So it's not a virus, it's just broken-down tissue. We never asked those things, at least nobody in my medical school ever asked. That's the scary part, because you've got all these people who actually don't know the foundation of their own work.

I got into this whole thing with, quote, 'genetics,' or I like to say, 'genetics, praise be, because we all worship at the throne of the DNA. That's genetics. It's a double helix. So who proved that it's a double helix? Do you know?'

Dr. Wendy Myers

No. That's interesting, but a lot of people do know Watson and Crick.

Dr. Thomas Cowan

You've heard of them.

Dr. Wendy Myers

Yes.

Dr. Thomas Cowan

They got the Nobel Prize for discovering that DNA is a double helix. I went and got their paper, this is the paper they got the Nobel Prize for, discovering DNA is a double helix. There's not a measurement in the whole paper. They say, 'We assumed a rotational angle of 10 angstroms,' which is the definition of a helix. So they made it up.

Then I said, 'I'm sure you've heard of this, DNA genes, the segments of DNA, code for proteins. That's how the whole thing works.'

That's how heredity, natural selection. Who proved that? Everybody said this is the paper that proved that. I went to the paper. This was by either Watson or Crick, I don't remember, the other one was gone by then. So this is the paper they said proved that. It says in there, 'We assumed that these codons, these genes, code for proteins.' Wait a minute, this is the paper that proves it, and there was no attempt at proving it.

Then they say, 'Oh, there's 200,000 proteins, 10,000 or so genes, maybe 20, and one gene codes for one protein.' So I thought, 'Well, maybe geneticists are not good at arithmetic,' because there's 180,000 proteins which apparently have no code. So how did they come about? Anyways, the whole thing is absolute scientific nonsense.

Dr. Wendy Myers

They say that there's so much of the genome that they don't know what it does, or it's not coding for proteins, and it's just sitting there doing nothing, supposedly. There's all these weird gaps that don't make sense.

Dr. Thomas Cowan

They're just making it all up.

Dr. Wendy Myers

There are all these weird things

Dr. Thomas Cowan

It's like models instead of reality. I tell you, biology and medicine are not the only ones who do this. I've been looking into physics too. They talk about quantum bilocation. I don't know if you ever heard of that. A single thing is at two places at the same time. It's one of the foundations of modern physics. I talked to this physicist, and I said, 'so that means I can put my house at the ocean, at the beachfront, at the same time, because it's one thing, put it at the same place, two, you know, same different place, same thing?'

He said, 'Tom, you're an idiot. It's too big.' 'So how about a frog? Can that be at two places at the same time?' 'No, it's too big.' 'How about bacteria? That's pretty small.'

'No, it's too big.' 'How about a nanoparticle?' 'No, it's too big.' 'So when is it small enough that it can be at two places at the same time?' He said, 'When it's invisible.' I said, 'If it's invisible, how do you know it's at two places at the same time? How do you know it's not at 10 places at the same time?' 'Well, that's how we have a theory and a model, and it says that's the way it works.' People believe it, and it's pure nonsense.

Dr. Wendy Myers

I can see why. When you go to an esteemed institution, you're going to Harvard Medical. You're assuming you're getting a state-of-the-art education, and that people get this medicine and their symptoms go away, or whatever example you want to use. And you don't question it.

Dr. Thomas Cowan

You assume they must know something. But I'm here to tell you, if anybody wants to prove it, go to your family doctor tomorrow and say, 'Tell me how a virologist proves the existence of a virus and shows that it causes disease,' and they won't know. If that doesn't scare you, then I don't know what does. That means a significant percentage of their practice is based on something that they don't have any idea where it came from. That's like going to a car mechanic and saying, 'My car won't stop at the red light, can you look at my brakes?' And he says, 'What's a brake?'

Dr. Wendy Myers

You don't go to that car mechanic.

Dr. Thomas Cowan

Yeah.

Dr. Wendy Myers

Alright. Tom, it's been a pleasure talking to you, and thank you for bursting all of our bubbles that we've been living in.

Dr. Thomas Cowan

My joy.

Dr. Wendy Myers

I definitely bought the gain-of-function thing, because it just makes sense. It completely makes sense. But as you very clearly illustrated, there's a lot more digging to be done, even for people who don't buy a lot of what they hear from the media, et cetera. So thank you so much for the work that you're doing. Again, you go to drtomcowan.com, drcowansgarden.com, and newbiologyclinic.com for the practitioners out there that want to make more of a difference. Dr. Tom Cowan, thanks so much for coming on the show.

Dr. Thomas Cowan

Okay, thanks.

Dr. Wendy Myers

Everyone, I'm Dr. Wendy Myers. Thanks for tuning in to the Myers Detox podcast, where I bring experts from around the world to help you make more distinctions so that you can make better decisions for your health. Thank you so much for taking the time and tuning in.

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