

**A CALL TO HUMANS DISPOSSESSED OF THEMSELVES  
slaves to the groundless fear of illness, microbes and their fellow man**

**OUR PASTEURIAN MYTHOLOGIES**

**EVER SINCE PASTEUR, mainstream medicine has treated the body like a defective machine,** made up of parts (organs, genes, etc.) that frequently break down and need to be monitored and repaired with high-tech tools and advanced pharmaceuticals (medical imaging, surgery, chemistry...).

This medicine wages war against illness to save us, powerless victims, from an unjust and doomed fate. It aims to spirit our symptoms away as fast as possible and at any cost because they disturb and scare us. **Whether it be allopathic or naturopathic, it is a medicine of war.**

While this techno-medicine is expanding, we can observe:

- an explosion in depression, cancer, chronic and neurodegenerative diseases...
- a growing dependency on medication and all kinds of medical devices and, at the same time, stressful lifestyles that are less and less respectful of our basic needs; look no further ...
- faced with this dependency, an alarming resistance to antibiotics which, if nothing is done, will become the leading cause of death in the world by 2050, signalling the end of the "miracle" symbolised by penicillin and a century of illusions about the true nature of immunity;
- serious cognitive dissonance of the most conscious among us who rally behind a "zero pesticide" earth, while depleting their own human topsoil with the exact opposite logic of "zero microbe";
- a head-long technological rush into high-tech medical research paired with artificial intelligence which monopolizes research funding and prevents serious scientific exploration of **real subjects, that are trivialised and obscured:** 1. our innate repair mechanisms; 2. the (free) "technologies" of the human mind i.e. the influence of mind on matter as evidenced by the physiological and genetic effects of placebo or hypnosis.

**EVER SINCE PASTEUR, researchers in biology and medicine have contradicted the theories that vindicate this mechanistic and warlike approach,** demonstrating that the body is:

- **an intelligent organism** stimulated by every thought, emotion and experience, with an immediate, more or less perceptible, physiological impact: to think that a simple thought can make us shiver, blush, increase our heart beat... The placebo/nocebo effects of these thoughts define and shape our long term health;
- **a knowledgeable and skilled organism** that uses "symptoms" to alert us when our basic needs are not being met, in the same way a warning light on the fuel gauge in our car tells us we are low on petrol. Who on earth would go to the garage to have the warning light or the gauge dismantled? Any driver knows he has to go to the petrol station as a matter of priority – which makes all the difference;
- **a protective organism** that very wisely blows a fuse, just like an electric meter when the system's capacity is exceeded: the fuse isn't the problem, it's the safety response to a system that is no longer adequate;
- **a self-regenerating organism** that is able to heal itself - except in the case of a serious accident, a rare disease or an organism that has been exhausted through negligence; a wound that heals spontaneously gives us a glimpse of this process at work throughout the body. **BACTERIA AND VIRUSES are no more responsible for the disease than firefighters are for a fire: they are key workers repairing a dilapidated terrain.**

**SYMPTOMS ARE OUR FRIENDS:** Symptoms are often unpleasant (fevers, inflammations, infections...) and they are cause for concern because we don't understand their function. They are protective, repairing and purifying processes that we should learn how to accept in the same way we accept the discomfort and disorder caused by sanitation work on a building site. We can see the value in illness when we see it for what it is: **"a meaningful biological program of nature"** that should be supported, sometimes restrained, but never thwarted. This form of **cooperative medicine** requires us to evolve as individuals and as a society, and it is the only approach capable of taking us forward after the demise of the antibiotic "miracle".

**LET'S TAKE BACK THE ONLY POWER ON WHICH ALL OTHERS DEPEND  
the power over ourselves, the primary safeguard against totalitarianism**

**Medicine of war and medicine of cooperation are not complementary.**

*(not to be confused with the allopathic versus naturopathic debate, which misses the point altogether)*

**Why?**

Because their hypotheses (postulates) and underlying principles are incompatible. Multiple treatment methods are indeed possible, and it could be useful to apply a combination – but before making a choice it is vital to understand their underlying assumptions, as both short and long term outcomes depend on it. As do our life choices.

- **THE MEDICINE OF WAR** assumes that **the body is an inherently flawed machine** which doesn't become deficient because of accidents or stressful and toxic lifestyles. To compensate for its inadequacy, techno-medicine needs to substitute for our body and take "preventative", systematic and intrusive measures (such as vaccines) to control and repress even the slightest signs of discordance. The citizen-patient isn't considered to be the creator of his condition, or responsible for it – or only slightly – and so is powerless to change it; he is helpless, treated like a child, lives in fear of the big bad wolf of disease and is dependent on the "*Bon Pasteur*" (The Good Shepherd), therapists, screenings and other medical crutches.
- **THE MEDICINE OF COOPERATION** assumes that **the body is an inherently intelligent body-mind partnership** which does nothing by chance. If we observe, understand and support it with healthy lifestyles, we will protect and maintain its immune and nervous capabilities. The citizen-sovereign is aware that he is the creator of his condition and responsible for it, he learns how to know and respect himself and to keep his stress levels low. Little by little he develops his capacity to adapt and becomes more and more autonomous, more mature.

**He has no choice but to commit to this path and there are no short cuts. Doctors can be a companion on the journey, but they don't step in to make decisions and act in his place.**

**This knowledge, based on the observation of and respect for the intelligence of living things, should revolutionize our understanding of health, the fundamentals of medicine, its teaching and practice, as well as our own individual behaviours. Researchers have conducted many rigorous and well documented scientific studies that are published, widely available and yet totally ignored. They remain unread and unknown not only by doctors but also by the majority of those who profess to be at the forefront of science, knowledge and their dissemination: academics, historians, journalists and other intellectuals. Scientific and social debate cannot therefore take place.**

**We can assume that most of these intellectuals are intelligent and honest people, with the exception of some, who denigrate and ridicule these theories without even studying them.**

**WHY SUCH BLINDNESS AND IGNORANCE?**

**Indeed, this is the burning question, and to answer it:**

- Let's explore the beliefs and myths that underpin the emergence, growth and head-on rush towards a medicine shaped by mechanics, industry and war.
- Let us study the manufacture of ignorance and fear, of dependence and powerlessness throughout civil society in health-related matters.
- Let us question the notions of knowledge, expertise and progress, the definition of so-called scientific evidence, the concepts of health, illness and healing, the confusion between rationality and materiality, between cause and effect, principles, methods and their applications.
- Let us rely on the contributions of agnotology (the theory of the manufacture of ignorance), the resources of inter/transdisciplinarity, the blend of complex thought and common sense, the contributions of modern physics, the advances in new biology and neurosciences, the scientific flaws of official medicine...
- **Let us promote change that is both radical – that goes to the root of the system – and progressive – that is compatible with the capacity of each individual to question his limiting beliefs and to appropriate knowledge through experience.**

**LET US CHANGE THE MEDICAL SYSTEM, NOT THE IMMUNE SYSTEM**