

# *SIMPLY TRUTH*

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## *The Germ & The Terrain*

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### THE IMMUNE SYSTEM AND GERMS

The immune system is dependent upon a healthy gut microbiome that consists of billions of beneficial microbes. By interacting with them, the immune system is trained how to respond to the world, protecting you from dangerous intruders (germs) but not attacking beneficial microbes, or you, or the food you eat.

### THE GERM THEORY OF DISEASE

This out-dated theory portrays germs as your enemy and you as defenseless against them. It seeks to eradicate germs and viruses rather than improve your immune defenses. It continues to be embraced by Pharma as it gives the rationale for the production of a never-ending line of profitable products, while neglecting the epidemic of collateral damage they cause (which in turn drives the sales of more products).

### THE TERRAIN THEORY OF HEALTH

The 'terrain' approach puts you in control of your health. It consists of seeking and applying the accumulated knowledge of the immune system and gut biome interactions, honors how a robust immune system works to handle bacterial or viral infections without developing complications, promotes immune system-supporting nutrition and lifestyle, avoids suppressing symptoms when they are needed to overcome infection, and understands the broad benefits of natural immunity.