

What is a VIRUS?

Many if not most people have no idea as to what a virus is and the REAL & TRUE SCIENCE regarding this sub-microscopic entity.

Viruses were first discovered in the late 1800s.

They can infect animals, plants, and bacteria.

Scientists were not able to view viruses until the “electron microscope” was developed in the late 1930s.

The information herein will help you have a **CLEARER UNDERSTANDING** about viruses. The **purpose** of this article is to give you an **overview about viruses**. Hopefully, you will look for **more information** and verify what this article is stating and decide whether you should be **FREAKING OUT** over a **VIRUS**.

Is it a creature, a living entity?

No, it is not alive.

It only gets life when it has found a “host”.

Actually, the HOST finds the virus. Viruses have no form of mobility.

That “host” could be you if your BODY “LETS IT IN”! When you have a healthy microbiome and a strong immune system the virus cannot get into your CELLS. If it does find a way in, you might wish you were dead for a few days, but it will not kill you.

Viruses only will kill you if you have comorbidities (usually 2 or more). If you have no comorbidities it rarely causes death. A comorbidity is an underlying chronic condition that you already have such as cancer, diabetes or cardiovascular disease to name a few.

Viruses are not ALL BAD!

There are some that you need and that benefit you in ways that might surprise you!!!!

Information and links will be provided to verify and support all of the statements given here.

Of all the microbes, viruses are the smallest!

A virus can be made up of DNA or RNA.

It is a genetic material.
They are so **small**
you need an **electron microscope** to see them.

**The common ordinary microscope does not reveal
particulate as small as viruses.**

***Question:** Do you think face coverings have any effect on these SUB-Microscopic particles?*

When the virus finds a host (or a host finds a virus) it will get inside of your cells if you have a compromised immune system. If your immune system is healthy, vibrant and strong these harmful viruses will not cause you any sickness.

Maintaining a healthy immune system is an ongoing process.

**If you make choices during the day that are not healthy choices,
then a weakened immune system will result.**

Some of the ways that you can weaken your immune system are:

- ✓ **unhealthy food choices,**
- ✓ **not enough rest,**
- ✓ **not enough hydration(water!),**
- ✓ **becoming angry & frustrated often**
- ✓ **being stressed out.**
- ✓ **Lack of EXERCISE!!!!**

The number of viruses discovered, that cause dis-ease in humans is about 300
out of the possible **100 million** viruses on the planet.
(or more, the actual number is Unknown)

One drop of seawater contains MILLIONS of VIRUSES!

A **VIRUS** can be considered a biological entity and
it is the **most common** of all microbes.

Although it is biological there is some debate whether a virus is a living entity.

It cannot move, eat or reproduce on its own.

Viruses are **important** and have a role for the planet and in our bodies.

Most viruses are bacteria eaters and are known as bacteriophages.

When it is found by a bacterium it enters and destroys the bacterial cell.

It is the way nature keeps bacteria under control.

*If we did not have friendly viruses
then bacteria would overwhelm nature.*

This same process is occurring within your body.

Viruses are controlling the bacteria in your body.

There is a balance (homeostasis) of the microbes in your body.

Viruses are part of your **MICROBIOME**.

The **Microbiome** is made up of more microbes (viruses, bacteria) than you have cells!

**If all the viruses in your body were eliminated then it
would result in death!**

*Having viral infections at a young age helps
you develop a strong immune system.*

Viruses stimulate your immune system

*and **helps you resist** many infections.*

Don't be afraid of VIRUSES.

They are not ALL bad!

ALL LIFE depends on them!

Check out: Why the World Needs Viruses to Function

<https://www.bbc.com/future/article/20200617-what-if-all-viruses-disappeared>

Additional References:

Why Everything You Learned About Viruses is WRONG

<https://tinyurl.com/y2mf6qcl>

Microbiology Society

<https://microbiologysociety.org/why-microbiology-matters/what-is-microbiology/viruses.html>

Viruses of Vital Importance

<https://www.micropia.nl/en/discover/viruses/long-reads-viruses/viruses-vital-importance/>

Not All Viruses are Bad for You

<https://www.sciencealert.com/not-all-viruses-are-bad-for-you-here-are-some-that-can-have-a-protective-effect>

History of viruses

<https://courses.lumenlearning.com/wm-biology2/chapter/history-of-viruses/>