

A New Germ Theory  
Paraphrased from an article entitled  
A New Germ Theory  
that appeared in the February, 1999 article The Atlantic

Example # 1: Stomach ulcers - In standard medical textbooks from the 1970s it stated that peptic ulcers were caused by a number environmental factors including: smoking, diet, drugs, stress, etc. There was no mention of infection at all.

In 1981, Barry J. Marshall was training in internal medicine at the Royal Perth Hospital, in Western Australia, when he became intrigued by the number of times he found spiral bacteria in the stomach lining. The medical community had assumed the bacteria were unimportant and did believe there was a connection between the bacteria and ulcers. However, when Marshall reviewed the records of patients whose stomachs were infected with large numbers of bacteria he discovered something very interesting. There was one patient who after being treated with an antibiotic (tetracycline) for unrelated reasons experienced no more pain from his ulcer. An endoscopy revealed that his ulcer was gone.

Marshall published an article about his discovery but for years the medical profession remained deaf to his findings and around the world ulcer patients continued to dine on bland food, swear off stress, and swill Pepto-Bismol. Finally, Marshall personally ingested a batch of the spiral bacteria and came down with powerful gastritis which supported his hypothesis that bacteria caused peptic ulcers and not environmental factors.

Example # 2: Heart Disease - As late as the 1990s medical textbooks maintained that *atherosclerosis* (hardening of the arteries) was the result of stress, lifestyle, and diet. Nothing, however; was mentioned about infection.

In 1985, a husband and wife Finnish team discovered a new kind of bacteria called *Chlamydia pneumoniae* and then discovered that 68 percent of Finnish patients who had suffered heart attacks had high levels of antibodies to *C.pneumonia*, as did 50 percent of patients with coronary heart disease, in contrast to 17 percent of the healthy controls. "We were mostly ignored or laughed at" they recalled.

Soon after, in 1991, while examining coronary-artery tissues at an autopsy Dr. Allan Shor saw "pear shaped bodies" that looked like nothing he had seen before. Shor decided to ship the curious coronary tissue to Chou Kuo an expert in microbiology at the University of Washington. Kuo found that the clogged coronary tissue was full of *C.pneumonia*. Before long others were reporting the presence of live *C.pneumonia* in arterial tissue fresh from the operating tables. Everywhere the bacteria lodges, it appears to cause the same grim sequence of events: a chronic inflammation, followed by a buildup of plaque that blocks the opening of the artery. Recently a team of pathologists at MCP-Hahnemann School of Medicine, in Philadelphia found the same bacteria in the diseased sections of the autopsied brains of patients who had late-onset Alzheimer's disease: it was present in seventeen of nineteen Alzheimer's patients and in only one of nineteen controls.