



The Differences Between the Germ Theory, the Terrain Theory and the Germ Terrain Duality Theory



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Introduction

Science proceeds by revolution. This holds for theories, which are always successive. One enlarges science in two ways: by adding new facts and by simplifying what already exists. The microbe is nothing. The terrain is everything -Claude Bernard 1813-1878

[widely regarded to be the father of modern physiology]. “The primary cause of disease is in us, always in us”-Professor Pierre Antoine Bechamp, 1883 [Medical Doctor and Pharmacist] (Table 1) [1-13].

Germ Theory	Terrain Theory	Germ Terrain Duality Theory
Disease arises from germs outside the body.	Disease arises from germs within the cells of the body.	Disease arises from germs sometimes within and sometimes without [outside] the cells of the body
Microbes are generally to be guarded against	These intracellular micro-organisms normally function to build and assist in the metabolic processes of the body.	Micro-organisms are generally to be guarded against, but not at the expense of the terrain
The function of microbe is constant	The function of these organisms changes to assist in the catabolic (disintegration) processes of the host organism when that organism dies or is injured, which may be chemical as well as mechanical.	Microbes feed on damaged and dead cells, but have other functions too
The shapes and colors of micro-organisms are constant	Micro-organisms change their shapes and colors to reflect the medium.	Micro-organisms change their shapes and colors to reflect the medium/terrain condition
Every disease is associated with a particular micro-organism	Every disease is associated with a particular condition	Every disease is associated with a particular micro-organism AND condition/set of conditions
Micro-organisms are primary causal agents	Micro-organisms become «pathogenic» as the health of the host organism deteriorates. Hence, the condition of the host organism is the primary causal agent.	There are two causal agents-the micro-organism and the anatomical/physiological terrain. BOTH equally important neither factor is primary or secondary
Disease can «strike» anybody	Disease is built by unhealthy conditions	Disease is caused by a complex interplay between germs and the inherent anatomical/physiological integrity of the body cells[13]
To prevent disease we have to «build defences».	To prevent disease we have to create health	To prevent disease we have to «build defences» AND create health
Intensely pro vaccination	intensely anti vaccination	cautiously pro vaccination
Denies existence of microzymas	acknowledges existence of microzymas	acknowledges existence of microzymas
Regards the cell to be the basic unit of life	insists there is a smaller unit of life, the microzome [plural microzymas]	acknowledges existence of microzymas but debates whether they are fully alive or semi alive, regards microzymas however to be the basic unit of living things, not necessarily of life per say

Pays little or no regard to pH of blood and body cells	Acknowledges importance of body pH in health and disease	Acknowledges importance of body pH in health and disease
Completely ignores the immune system	Recognizes importance of immune system in fighting disease	Recognizes importance of immune system in fighting disease
Pays minimum regard [if any] to anatomy/physiology of blood and body cells	Acknowledges major role of cell anatomy/physiology	Acknowledges major role of cell anatomy/physiology
Overemphasizes prevention and the killing of germs. Sees all germs as detrimental.	De-emphasizes killing of germs. Sees germs as essentially helpful so far homeostasis of body maintained.	Balanced view
<p>Pioneered by French Chemist Louis Pasteur [1822-1895] and German medical doctor Heinrich Hermann Robert Koch (11 December 1843 – 27 May 1910). According to Pasteur to fight illness you have to treat the symptoms.</p> <p>Germs are the causative agents of most diseases</p>	<p>Pioneered by Physiologist Claude Bernard, nurse Florence Nightingale, medical doctor Rudolph Virchow, and Professor of medicine and pharmacy Pierre Antoine Bechamp.</p> <p>According to Bechamp to fight illness you have to create a healthy body in which disease cannot develop. Germs are the chemical by-products and constituents of pleomorphic microorganisms enacting upon the unbalanced, malfunctioning cell metabolism and dead tissue that actually produces disease. Bechamp postulated that the diseased, acidic, low-oxygen cellular environment is created by a toxic/nutrient deficient diet, toxic emotions, and a toxic lifestyle. Doesn't Make Much Distinction Between Diseased And Damaged Tissue. States that our internal environment and its elements are responsible for the diseases. Disease occurs to a large extent as a function of biology and as a result of changes that take place when metabolic processes become imbalanced. Germs then become symptoms that stimulate the occurrence of more symptoms, which eventually culminate into disease. A weak terrain is naturally more vulnerable to external threats, so it needs to be built up through nutrition, detoxification, and by maintaining a proper pH or acid/alkaline balance.</p>	<p>Proposed by Seun Ayoade [11] You have to create a healthy body AND treat the symptoms. Distinguishes Clearly Between Diseased And Damaged Tissue [12]</p>

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