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The swine flu is in the news again, and, if I believed that vaccines and drug interventions were a valid protection and treatment for a real and current danger, I'd have to be inhuman to oppose them. But starting with the famous last words of Louis Pasteur, "c'est le terrain," it's reasonable to think that the health of the host, and not the virulence of the invader, determines the response. In other words, your vulnerability to infection depends more on your health than on bugs, which mostly peacefully co-exist.

That's why shotgun techniques like immunization programs, even if they mean well, don't protect everyone who is inoculated, and may put some in greater jeopardy than the disease itself.

Now there may be people who really are at risk, and I understand that public health overseers feel a responsibility to do something. With the prevailing terror about germs in general and certain catchy media and/or political story lines in particular, it seems to rationalize injecting secret concoctions into our bloodstreams with no way of measuring what might happen thereafter or generations from now.

This is a logical argument, but here comes my paranoia and my cynical, sinister self rearing its ugly head. I saw a news reporter comment that that we should be okay, because we have plenty of bird flu vaccine left over from the last scare, and we've stockpiled enough drugs to fight an outbreak.

Say what? Now let me get this straight – they want us to feel safer because they have ample vaccine from a different epidemic that didn't happen, and they're planning to use their stockpile of drugs to fight it, even though it's a completely different strain of virus? What happened to "first, do no harm?"

This may have been the speculation of the reporter, though he did cite sources, or it could be the spin the establishment groupthink wants, to repurpose and get rid of a lot of vaccine they couldn't sell last time, and market flu medicines, though the flu is mostly self-limiting except in the highest risk patients.

By manipulating the public's psyche, on top of decades of programming that leave people suggestible in such circumstances, this could induce a self-fulfilling prophesy – but ironically, the public has been largely numbed to such fear-mongering propaganda, which is why they have so much vaccine left over from the last epidemic that never manifested.

Now if millions die from not getting vaccinated, then I'm a fool and should be vilified. But if I'm right, and this is either a well-meaning but misguided effort or a dastardly plot to control health awareness and possibly imperil the public for private gain, I am hoping that reason prevails and health consumers opt away from untested and potentially harmful potions and partially researched pills.

Please do some homework, and formulate your own opinion. By filtering your impressions through a belief system more consistent with natural law, you'll arrive at a sane conclusion and a safe, natural strategy, based on what's best for the patient, not the huge profits sought by special interests.

Ultimately, we will realize that building wellness is the answer, not trying to outguess nature and combat germs one at a time. We can't win that battle, but we can help people develop healthy lifestyles, and create natural resistance to most health challenges. You can help – take a stand.