

# **Particulates, coronavirus and greenhouse gases**

Paperback 112 pages

ISBN: 978-9403651101

[www.mijnbestseller.nl/p.a.j.holst](http://www.mijnbestseller.nl/p.a.j.holst)

Book is also for sale via [bol.com](http://bol.com) and the bookstores

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# Preface

**Part 1** describes how diseases and global warming result from the exploitation of livestock and nature.

For half a century Mother Earth has given man dominion over his own reproduction and the reproduction of all animals and plants on earth. Meat and table eggs are still exclusively produced by artificial insemination and with breeding and incubators. African swine fever, annual flu viruses and coronavirus pandemics result from diseases in animals that can also spread to humans.

Suspended moisture droplets (aerosol) are 0.5-10 micrometers ( $\mu\text{m}$ ) long. A person who ingests, inhales, or is otherwise exposed to positive fluid droplets contaminated with bacteria or viruses may be exposed to hundreds or thousands of bacteria or virus particles, increasing the risk of infection.

Respiratory droplets can be transmitted through coughing, sneezing, contact with contaminated surfaces or through inhaled suspended respiratory droplets (aerosol). Therefore, each individual must take appropriate measures to reduce their own exposure to these particles if there is a risk of contamination.

**The accompanying table gives an overview of suspended particles in the air**

$\mu\text{m}$ = micron = 1/1000 millimeter	Largest diameter	Smallest diameter
Pollen granules	60 $\mu\text{m}$	12 $\mu\text{m}$
Bacteria	50 $\mu\text{m}$	0,1 $\mu\text{m}$
Suspended dust particles	10 $\mu\text{m}$	0,0006 $\mu\text{m}$
Suspended moisture droplets (aerosol)	10 $\mu\text{m}$	0,5 $\mu\text{m}$
Most mold spores	5 $\mu\text{m}$	1 $\mu\text{m}$
Legionella bacteria	5 $\mu\text{m}$	0,4 $\mu\text{m}$
Staphylococcal skin bacteria	3 $\mu\text{m}$	0,4 $\mu\text{m}$
Coli intestinal bacteria	3 $\mu\text{m}$	0,4 $\mu\text{m}$
Cigarette smoke when inhaled	1 $\mu\text{m}$	0,1 $\mu\text{m}$
Smoke from a burning cigarette	0,1 $\mu\text{m}$	0,01 $\mu\text{m}$
Hygroscopic exhalation smoke (after 2-3 sec in the airways)	3 $\mu\text{m}$	2 $\mu\text{m}$
Blue, brown asbestos	2 $\mu\text{m}$	< 0,1 $\mu\text{m}$
White asbestos	0,02 $\mu\text{m}$	< 0,01 $\mu\text{m}$
Chlamydia spores	0,3 $\mu\text{m}$	0,3 $\mu\text{m}$
Viruses	0,8 $\mu\text{m}$	0,01 $\mu\text{m}$
Coronaviruses (RNA viruses)	0,012 $\mu\text{m}$	0,009 $\mu\text{m}$

Health officials around the world agree that wearing masks can prevent the spread of virus between individuals. Certain masks are considered much more effective at minimizing the risk of exposure, especially the N95 masks.

While N95 masks from different manufacturers may have slightly different specifications, the protective properties of N95 masks are largely attributed to the ability of these masks to remove at least 95% of all particles with an average diameter of 0.3  $\mu\text{m}$  or less.

**Part 2** describes how to protect the earth from over-consumption and depletion. The abolition of slavery for consumption animals and optimal use of the abundance of energy that the sun gives us are indispensable in this regard. Development aid must go hand in hand with aid to reduce overpopulation in parts of the world with extreme population growth.

**Part three** describes how we can protect ourselves against diseases that pass from poultry and other livestock to humans and how we can grow old in a healthy way.

People who consume more animal protein have fewer antibodies, even with a small amount of animal protein. The elderly, in particular, develop diseases resulting from diet that reduces the immune response and the formation of antibodies.

## Part One - Infections That Can Be Transmitted From Livestock to Humans



*Mass consumption of cheap burgers and broiler chickens*

## **Viruses and bacteria went to war together**

The 1918-1919 Spanish flu was a viral and bacterial pandemic. The Influenza A (avian) virus caused a flu epidemic in Fort Riley, Kansas, USA. In this fortress they raised chickens and pigs for the soldiers. A cook can be infected with the avian virus. Mutation allowed the virus to cause infection from person to person. Influenza virus (H1N1) has been transmitted to Europe via the troop transports of WWI, killing millions of people. However, most deaths from the 1918-1919 flu pandemic were due to secondary pneumonia caused by common bacteria in the upper respiratory tract. Data from the subsequent 1957 and 1968 pandemics are consistent with these findings.

**Morens DM, Taubenberger JK, Fauci AS.** Predominant Role of Bacterial Pneumonia as a Cause of Death in Pandemic Influenza: Implications for Pandemic Influenza Preparedness. *J Infect Dis.* 2008; 198 (7): 962–70

After the abolition of slavery after WWII, the trade in exotic animals and birds, parrots and songbirds has become the new business model. As a result, bird flu and contamination with bacteria such as *Chlamydia pneumoniae* in the human respiratory tract. Man is used as host.



### **More virus pandemics**

Another pandemic (WHO 1980) was the HIV-1 virus pandemic resulting from the trade, sale and consumption of chimpanzee meat from the jungle. Since then, HIV/AIDS has resulted in an estimated 65 million infections and 25 million deaths. Africa has the highest number of infections.

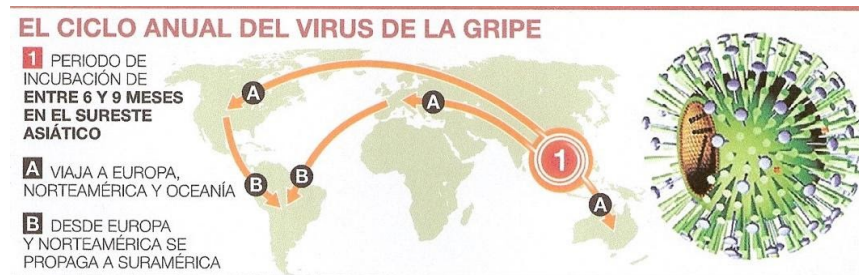
This was followed by the Ebola virus pandemic, partly due to the consumption of bushmeat and dried bats.

## Avian (ALV) and Bovine Leukemia Viruses (BLV) in our food chain

The spread of these viruses is responsible for the recent increase in colorectal and breast cancers (more on this in the relevant chapter). ALV and BLV viruses use human cells as hosts to reproduce. Since the mid-20th century, there have been an increasing number of mega-farms where pigs, cows and rabbits are bred exclusively by artificial insemination.

## Viruses spread from Wet Markets

Influenza viruses and coronaviruses are mainly spread year after year from chicken farms, pig fattening farms and Wet Markets in Southeast Asia, where animals are slaughtered in the market and traded alive.



### *Annual Cycle of Flu Viruses*

In March 2019 we returned from a cruise in Southeast Asia, the spice route, and spent a few days in Guangzhou (Canton). On arrival at the airport here, our temperature was taken, a woman with a fever was discovered and placed in quarantine. Years before the outbreak of COVID-19, since the SARS epidemic, temperature measurements and masks were already used in Southeast Asia in the fight against Coronaviruses!

Coronaviruses spread like nail bombs in humans and cause many deaths from pneumonia. Bats and rodents are carriers of these diseases. While rats and mice used to transmit disease, flying rats (bats) are now the cause of this coronavirus pandemic, which comes from wild animals in markets where the animals are traded alive.

**It was not until the mid-twentieth century that life on Earth got the reproductive processes under control**

Modern humans are the first living beings to gain control over their own reproduction. This was followed by control over animal reproduction through the widespread use of artificial insemination on livestock

**Meat and eggs for consumption in factory farming are produced exclusively by artificial insemination or using incubators.**

Coronavirus, African Swine Fever, Bovine (bovine) Leukemia Virus and Avian Leukemia Virus result from diseases in animals that can also be transmitted to humans. More than 300 million farm animals in the EU spend their entire lives in a cage. The coronavirus pandemic and global lockdown have shown how vulnerable society really is.

Meat and dairy consumption continues to rise worldwide, wiping out the jungle and bringing us into contact with potentially dangerous viruses. The earth has shaped man and we are therefore indebted to our natural environment.

Viruses and bacteria teach us humans to be careful when dealing with our fellow mammals. If we do not do this or insufficiently, we will experience a lot of damage, fear and sadness as we have already experienced in the Corona year 2020. If we remain stubborn and negligent, we will pay dearly as a species and as individuals. Then we can finally be defeated by the smallest bacteria and viruses!