

God I Be

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## The Immune System, the Covid-19 Vaccines, and Boosting your Health and Well-ness

Peace to the Gods and the Earths and all the human families of the Universe!

My name is **God I Be**, and I am building from **Mecca** (Harlem). Last month (Father-Equality-Born), I built in the **Universal Parliament** about the COVID-19 emergency use vaccines and the immune system and was asked to compile some relevant information about the subject. I also gave a presentation about this subject in Allah Shah's class on the Wisdom Cipher day of Master Allah Rule. First and foremost, I would like to state that I am not a physician or medical doctor and you should always consult with your **primary care physician** when making important health decisions. However, I do have a master's degree in **Health Education and Promotion** and a bachelors with a concentration in **Public Health and Psychological Well-Being**. I have studied extensively on this subject.

In this document I have compiled information about the components of the immune system, the current vaccines with **emergency use authorization**, what weakens your immune system, and what can build it up. I build to encourage an increase in **health literacy** amongst our people, for many of us are suffering from **pre-existing conditions that make us more likely to die from COVID-19**, such as diabetes, hypertension, cardiovascular diseases, and higher rates of asthma when compared to the general population. Many of these conditions come from a mixture of the **social and environmental determinants of health, structural and systemic racism, and lifestyle choices**. Dr. Kizzmekia Corbett, the lead researcher in the development of the Moderna vaccine tweeted last year "**Some have gone as far to call it genocide. I plead the fifth.**" It is very important that we make daily informed decisions about our health, and this build is not to encourage or discourage anyone from making a vital choice about taking or not taking the experimental package (emergency use vaccines). I will say that this experimental package has received emergency use authorization by the Food and Drug Administration (FDA), but that does not mean **full approval**. There is no guarantee of long-term safety and the mRNA vaccines are using a new technology with lipid nanoparticles that has not gained approval in other vaccines up to this point. The viral vector vaccine is a genetically engineered virus. Utilize this document to begin your research into the subjects of immunology, vaccination, and the health disparities we face as original people here in the wilderness of North America. Peace!

## What is the immune system?



### **Freedom aka Popa Wu (Rest in Power):**

“Everything that's in the **universe**, God  
That's created the universe, God, is just **within you...**  
You see what I'm sayin?  
And that's **the mind** that you can't see  
Don't you know if a man could take and **flip himself inside out**, God  
He'll fall out and die if he sees the s&!# that **goes on...inside?**”

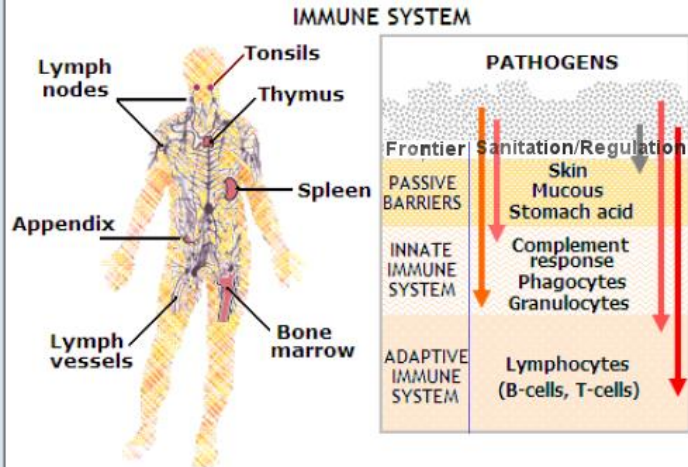
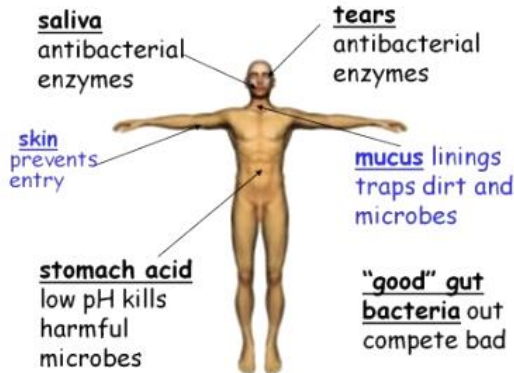
“**Black Jesus**” Ghostface Killah featuring Popa Wu, U-God and Raekwon

These words spoken by the late, great elder are so true, and the immune system is the perfect example. There is a perpetual war going on right now within all our bodies. The immune system is the body's **natural defense system** against **foreign invaders**. The body is constantly being attacked by **pathogens**, a bacterium, virus, or other microorganism that can cause disease. The immune system has various parts or components that assist in this fight. What are the different **components of the immune system?**

### **The Three Lines of Defense Against Foreign Invaders**

1. First Line of Defense - **Physical and Chemical Barriers** (Innate Immunity)
  - a. The **skin (The Castle Wall)** has thick layer of dead cells in the epidermis which provides a physical barrier. Periodic shedding of the epidermis removes microbes.
  - b. The **mucous membranes** produce **mucus** that trap microbes.
  - c. **Hair** within the nose filters air containing microbes, dust, pollutants.
  - d. **Lysozyme**, an enzyme produced in **tears**, perspiration, and saliva can break down cell walls and thus acts as an antibiotic (kills bacteria)
  - e. **Saliva** dilutes the number of microorganisms and washes the teeth and mouth.
  - f. **Acidity** on skin inhibit bacterial growth.

## First Lines of Defence



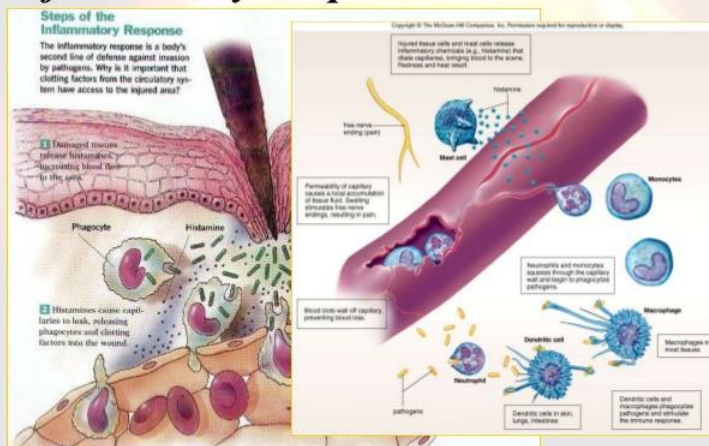
## 2. Second Line of Defense - Nonspecific Resistance (Innate Immunity)

- a. **Phagocytic cells** ingest and destroy all microbes that pass into body tissues. For example, **macrophages (Scouts)** are cells derived from **monocytes** (a type of white blood cell). Macrophages leave the bloodstream and enter body tissues to patrol for pathogens.
- b. **Inflammation** is a localized tissue response that occurs when your tissues are damaged and in response to other stimuli. Inflammation brings more **white blood cells** to the site where the microbes have invaded.
- c. **Fever** inhibits bacterial growth and increases the rate of tissue repair during an infection.

## Second Line of Defense

Non-Specific

### • Inflammatory Response



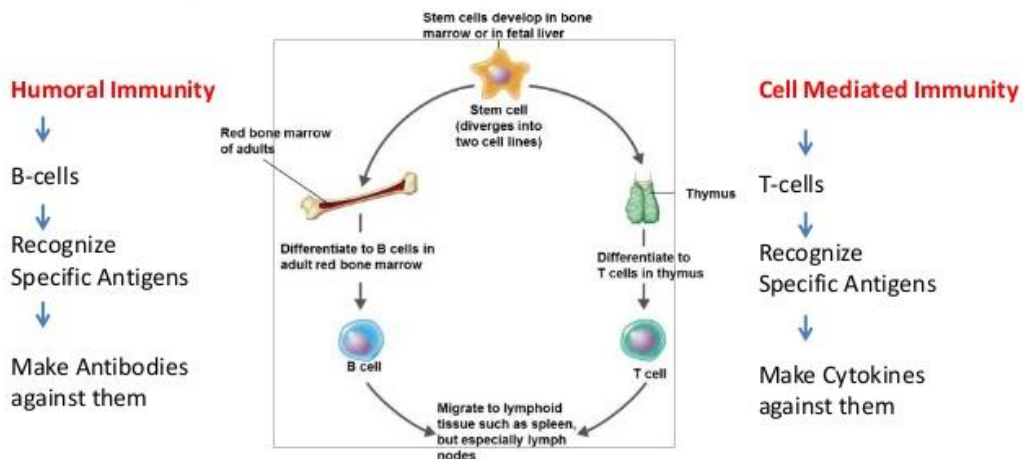
### 3. Third Line of Defense - **Specific Resistance (Acquired Immunity)**

- a. **Antigens** are specific substances found in foreign microbes. Most antigens are proteins that serve as the stimulus to produce an **immune response**. The term "antigen" comes from **ANTI**-body **GEN**erating substances.
- b. When an antigen is detected by a macrophage, this causes the **T-cells (Captains)** to become activated. The activation of T-cells by a specific antigen is called **cell-mediated immunity**. The body contains millions of different T-cells, each able to respond to one specific antigen. The T-cells secrete **interleukin 2**. Interleukin 2 causes the proliferation of certain **cytotoxic T cells (Lieutenant)** and **B cells (Lieutenant)**.
- c. Cytotoxic T cells are capable of recognizing antigens on the surface of infected body cells. Cytotoxic T cells bind to the infected cells and secrete **cytotoxins** that induce apoptosis (cell suicide) in the infected cell and **perforins** that cause perforations in the infected cells.
- d. T cells stimulate B cells to divide, forming **plasma cells** that are able to produce **antibodies (Private Soldiers)** and **memory B cells**.
- e. The body contains millions of different B cells, each able to respond to one specific antigen. If the same antigen enters the body later, the memory B cells divide to make more plasma cells and memory cells that can protect against future attacks by the same antigen.
- f. **Antibodies** (also called **immunoglobulins** or Ig's) are Y-shaped proteins that circulate through the blood stream and bind to specific antigens, thereby attacking microbes. (Adapted from: <https://www.austincc.edu/apreview/EmphasisItems/Inflammatoryresponse.html>)

## Immunity: Third Line of Defense

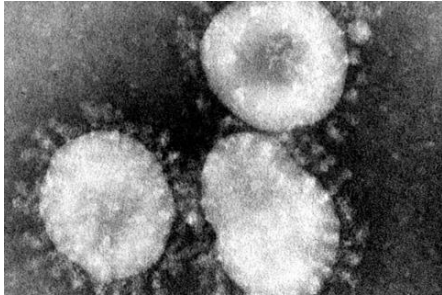
- Red bone Marrow → Stem cells → T and B cells
- Specific reaction to microbial infection

Figure 17.8 Differentiation of T cells and B cells.



## The Coronavirus (SARS\_COV\_2) vs. COVID-19

**“The word corona in coronavirus means 'crown' in Latin. Coronavirus gets its name from the crownlike spikes that it has on its surface.”**



Coronaviruses actually refers to a handful of diseases

The concept of coronavirus is not new. The term refers to a group of viruses that are known to cause respiratory issues. So even though many are referring to the illness circling around right now as “coronavirus,” that is not actually the name of the disease. ([As Teen Vogue perfectly described it](#), “this is, technically speaking, like using the term ‘dog’ to describe a pitbull.”)

The severity of coronaviruses can range from being mild — like the common cold — to more serious symptoms that can lead to hospitalization, like lung problems. Some examples of previous coronaviruses include Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

(Adapted from: [https://www.huffpost.com/entry/difference-between-coronavirus-covid-19\\_1\\_5e6be1c4c5b6dda30fc8cb30](https://www.huffpost.com/entry/difference-between-coronavirus-covid-19_1_5e6be1c4c5b6dda30fc8cb30))

COVID-19 is what experts are calling this particular disease

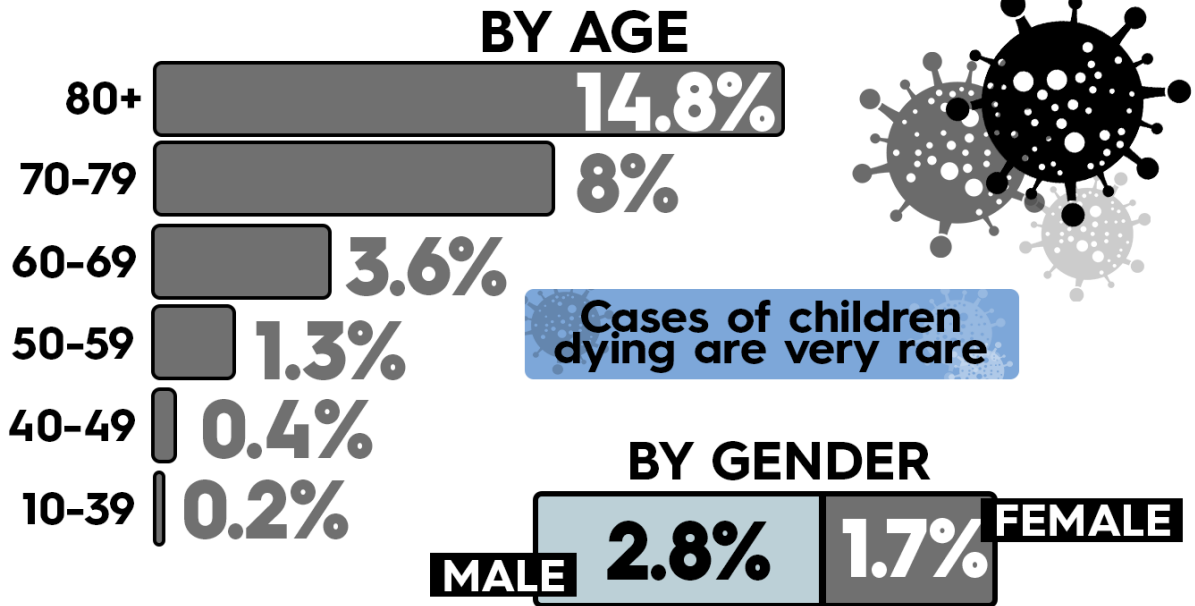
Experts refer to this coronavirus as the “**novel coronavirus**,” meaning it is a **new type** of coronavirus that was not previously known or understood by health experts. [COVID-19 is the illness caused by the novel coronavirus](#).

COVID-19 can lead to major health problems like pneumonia and organ failure, and it can also cause issues like shortness of breath and fever (more on general symptoms in a moment). People who are at the **highest risk** for severe complications from COVID-19 are those who are **over 65**, anyone who may be immunocompromised, and those with chronic medical conditions like [heart disease, diabetes and lung disease](#).

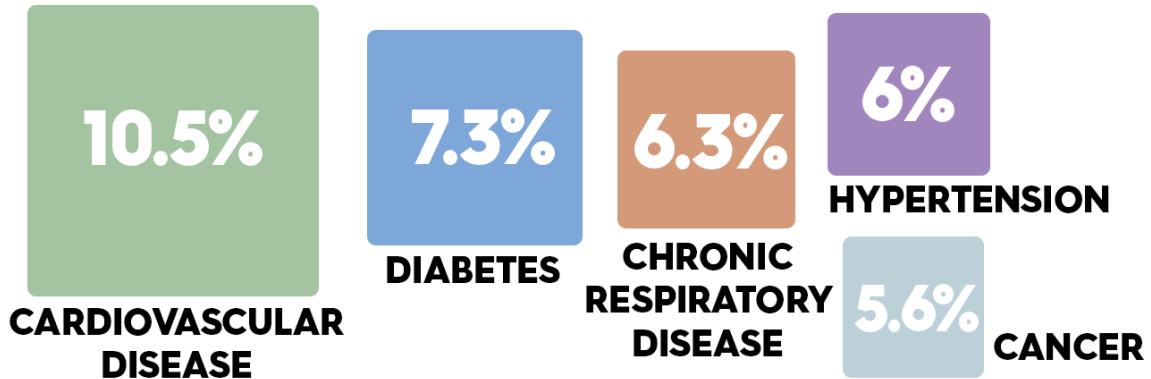
(Adapted from: [https://www.huffpost.com/entry/difference-between-coronavirus-covid-19\\_1\\_5e6be1c4c5b6dda30fc8cb30](https://www.huffpost.com/entry/difference-between-coronavirus-covid-19_1_5e6be1c4c5b6dda30fc8cb30))

# CORONAVIRUS FATALITY RATES

SOURCE: China's Centre for Disease Control



## PRE-EXISTING MEDICAL CONDITIONS

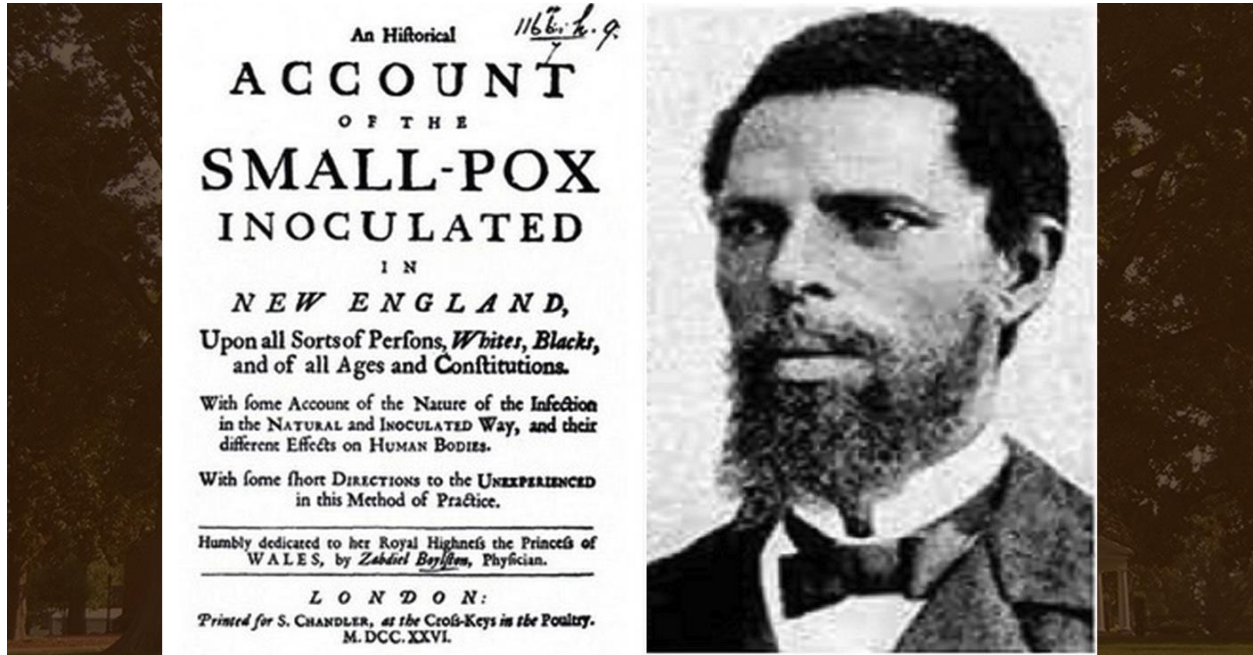


This is an early document presented by the China CDC. In this document you see that the fatality rate of COVID-19 **increases with age** and **preexisting conditions**. A fatality rate is the percentage of people that succumb to an illness in relation to the total number of people who have the disease. According to Dr. Anthony Fauci, the average fatality rate of COVID-19 may be **considerably less than 1%** when considering people with no symptoms. (<https://www.medscape.com/viewarticle/926089>).

## What is a vaccine?

A vaccine is made from very small amounts of **weak or dead germs** that can cause diseases — for example, viruses, bacteria, or toxins. It **prepares your body** to fight the disease faster and more effectively, so you will not get sick.

## History of vaccination



# Onesimus (Bostonian)

**Onesimus** (late 1600s–1700s<sup>[1]</sup>) was an African man who was instrumental in the mitigation of the impact of [a smallpox outbreak in Boston](#). His birth name is unknown. He was enslaved and, in 1706, was given to the New England Puritan minister [Cotton Mather](#), who renamed him. James introduced Mather to the principle and procedure of [inoculation](#) to prevent the disease, which laid the foundation for the development of vaccines.<sup>[2]</sup> After a smallpox outbreak began in Boston in 1721, Mather used this knowledge to advocate for inoculation in the population, a practice that eventually spread to other colonies. In a 2016 [Boston](#) magazine survey, Onesimus was declared one of the "Best Bostonians of All Time".<sup>[1]</sup>

"In 1716 or shortly before,<sup>[13]</sup> Onesimus had described to Mather the process of inoculation that had been performed on him and others in his society in Africa (as Mather reported in a letter): "People take Juice of Small-Pox; and Cut the Skin, and put in a drop."<sup>[7][8]</sup> In the book, *African Medical Knowledge, the Plain Style, and Satire in the 1721 Boston Inoculation Controversy*, Kelly Wisecup wrote that Onesimus is believed to have been inoculated at some point before being sold into slavery or during the slave trade, as he most likely traveled from the [West Indies](#) to Boston.<sup>[4]</sup> The [variolation](#) method of inoculation was long practiced in Africa among

sub-Saharan people. The practice was widespread among enslaved [colonial](#) people from many regions of Africa and, throughout the slave trade in the Americas, slave communities continued the practice of inoculation despite regional origin.<sup>[4]</sup>

Adapted from: <https://originalpeople.org/onesimus-the-enslaved-african-that-taught-inoculation-to-americans/>

## How Vaccines Work

Vaccines help develop immunity by **imitating an infection**. This type of infection, however, almost never causes illness, but it does cause the immune system to produce **T-lymphocytes and antibodies**. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.

Once the imitation infection goes away, the body is left with a supply of **“memory” T-lymphocytes**, as well as **B-lymphocytes** that will remember how to fight that disease in the future. However, it typically **takes a few weeks** for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person infected with a disease just before or just after vaccination could develop symptoms and get a disease, because the vaccine has not had enough time to provide protection.

(Adapted from: <https://www.cdc.gov/vaccines/hcp/conversations/understanding-vacc-work.html>)

## Types of Vaccines

Scientists take many approaches to developing vaccines. These approaches are based on information about the infections (caused by viruses or bacteria) the vaccine will **prevent**, such as how germs infect cells and how the immune system responds to it. Practical considerations, such as regions of the world where the vaccine would be used, are also important because the **strain of a virus and environmental conditions**, such as temperature and risk of exposure, may be different across the globe. The vaccine delivery options available may also differ geographically. Today there are five main types of vaccines that infants and young children commonly receive in the U.S.:

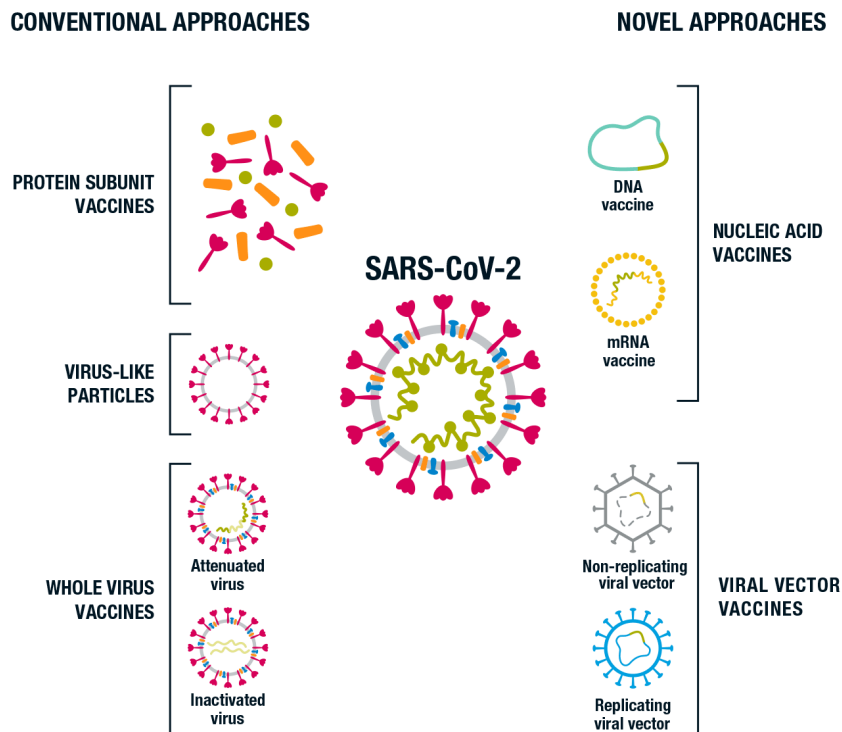
- **Live, attenuated vaccines** fight viruses and bacteria. These vaccines contain a version of the living virus or bacteria that has been weakened so that it does not cause serious disease in people with healthy immune systems. Because live, attenuated vaccines are the closest thing to a natural infection, they are good teachers for the immune system. Examples of live, attenuated vaccines include measles, mumps, and rubella vaccine (MMR) and varicella (chickenpox) vaccine. Even though they are very effective, not everyone can receive these vaccines. Children with weakened immune systems—for example, those who are undergoing chemotherapy—cannot get live vaccines.
- **Inactivated vaccines** also fight viruses and bacteria. These vaccines are made by inactivating, or killing, the germ during the process of making the vaccine. The inactivated polio vaccine is an example of this type of vaccine. Inactivated vaccines



produce immune responses in different ways than live, attenuated vaccines. Often, multiple doses are necessary to build up and/or maintain immunity.

- **Toxoid vaccines** prevent diseases caused by bacteria that produce toxins (poisons) in the body. In the process of making these vaccines, the toxins are weakened so they cannot cause illness. Weakened toxins are called toxoids. When the immune system receives a vaccine containing a toxoid, it learns how to fight off the natural toxin. The DTaP vaccine contains diphtheria and tetanus toxoids.
- **Subunit vaccines** include only parts of the virus or bacteria, or subunits, instead of the entire germ. Because these vaccines contain only the essential antigens and not all the other molecules that make up the germ, side effects are less common. The pertussis (whooping cough) component of the DTaP vaccine is an example of a subunit vaccine.
- **Conjugate vaccines** fight a different type of bacteria. These bacteria have antigens with an outer coating of sugar-like substances called polysaccharides. This type of coating disguises the antigen, making it hard for a young child's immature immune system to recognize it and respond to it. Conjugate vaccines are effective for these types of bacteria because they connect (or conjugate) the polysaccharides to antigens that the immune system responds to very well. This linkage helps the immature immune system react to the coating and develop an immune response. An example of this type of vaccine is the *Haemophilus influenzae* type B (Hib) vaccine.

(Adapted from: <https://www.cdc.gov/vaccines/hcp/conversations/understanding-vacc-work.html>)



## Who is Kizzmekia Corbett?



**Dr. Kizzmekia Corbett** is the **viral immunologist** that co-developed the Moderna vaccine. “Corbett and her colleagues were studying the **fundamental mechanics of coronaviruses** years before COVID-19 disrupted the world as we knew it. After researching the **SARS and MERS** outbreaks, Corbett and other veteran virologists at the VRC began to prepare for the next threat. When it arrived with a vengeance in late 2019, they were ready. Their research jump-started the record-setting journey to develop a successful vaccine and get it from the trial phase and into arms—making Corbett an **essential figure** in vaccine science. “To stand in the forefront of the vaccine development efforts, a vaccine that is **94-percent efficacious** and has the ability to end this pandemic, and be the great equalizer as we think about **health disparities**, is really an honor for me,” Corbett says.”

(Adapted from: <https://www.essence.com/articles/kizzmekia-corbett-covid19-vaccine/>)

## Next Generation Vaccines with Emergency Use Authorization (EUA)

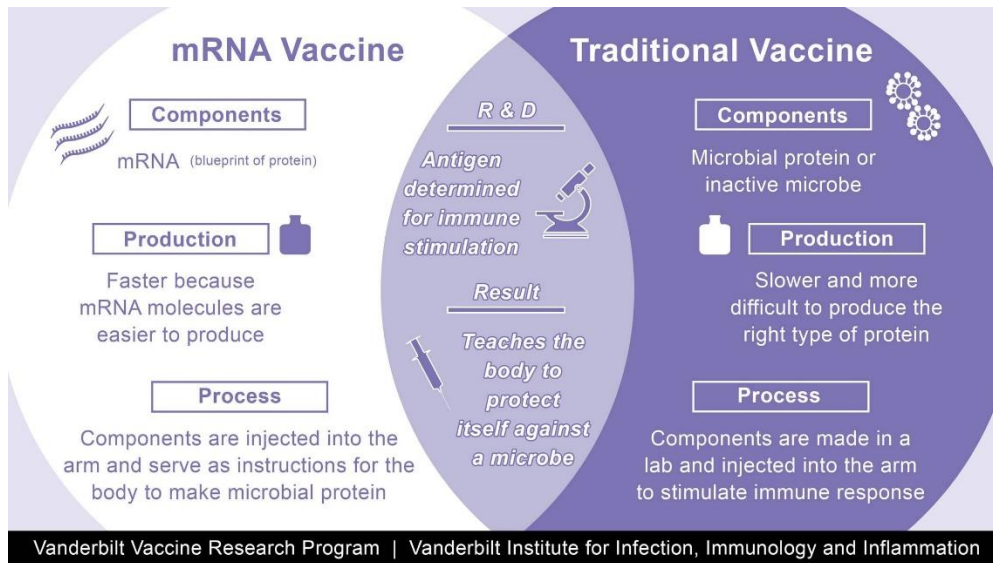
### mRNA vaccines (Pfizer and Moderna): What they are and how they work

Alex Conan 5/23/2022

Vaccines using mRNA, or **messenger ribonucleic acid**, are on the rise in the fight against the coronavirus pandemic. The technology has yielded encouraging results, but **a successful mRNA vaccine has never been created before**, which presents **new risks**. Below are facts about mRNA vaccines, of which several are currently being developed to fight coronavirus.

- mRNA stands for **messenger ribonucleic acid**, which is a **molecule in cells** that carries **codes from DNA** to make proteins.
- An mRNA vaccine **encodes proteins of a virus**, which is inserted into a cell to trigger an immune response and create antibodies.
- There has **never been a successful mRNA vaccine before**, but studies show they can elicit immunity against flu, Zika, rabies and coronavirus.
- mRNA vaccines are **non-infectious** and could be **produced quickly** at large scale.
- mRNA vaccines **are considered risky** because the **technology is still new**.
- Many other vaccines, such as the flu vaccine, are **egg-based, cell-based, or synthetic**.

(Adapted from: <https://www.msn.com/en-us/health/medical/mrna-vaccines-what-they-are-and-how-they-work/ar-BB14uSTc>)



What are the ingredients of the mRNA Vaccine with EUA?

EUA Memorandum for Pfizer Vaccine <https://www.fda.gov/media/144416/download>

Biochempeg

<https://www.biochempeg.com>



#### Ingredients of Pfizer COVID-19 Vaccine

**Active Ingredient:**

·30 mcg nucleoside modified messenger RNA (modRNA) encoding the viral spike glycoprotein of SARS-CoV-2.

**Fats (Lipids):**

- 0.43 mg (4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate)
- 0.05 mg 2[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide
- 0.09 mg 1,2-distearoyl-sn-glycero-3-phosphocholine
- 0.2 mg cholesterol

**Salts:**

- 0.01 mg potassium chloride
- 0.01 mg monobasic potassium phosphate
- 0.36 mg sodium chloride
- 0.07 mg dibasic sodium phosphate dihydrate

**Sugars:**

- 6 mg sucrose

Biochempeg

<https://www.biochempeg.com>



#### Ingredients in the Moderna COVID-19 Vaccine

##### Active Ingredient:

· Synthetic messenger ribonucleic acid (mRNA) encoding the pre-fusion stabilized spike glycoprotein (S) of SARS-CoV-2 virus.

##### Fats (Lipids):

- SM-102
- 1,2-dimyristoyl-rac-glycero-3-methoxypolyethylene glycol-2000 [PEG2000-DMG]
- cholesterol
- 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]

##### Sugars:

- sucrose

##### Other Excipients:

- tromethamine
- tromethamine hydrochloride
- acetic acid
- sodium acetate

#### What are the application technology of those two kind of COVID-19 Vaccines?

Lipid nanoparticles are present in a COVID-19 vaccine. These nanoparticles are tiny lipid droplets that can transport and protect vaccine components. The [lipid nanoparticles](#) in the COVID-19 vaccine are there to transport RNA molecules.

Biochempeg

<https://www.biochempeg.com>

An excipient is a substance formulated with the active ingredient of a drug for the purpose of long-term stabilization, bulking up solid formulations that contain small amounts of potent active ingredients, or to enhance the therapeutic effect on the active ingredient in the final dosage form, such as facilitating drug absorption, reducing viscosity, or enhancing solubility.

PEGylated lipids can be used as excipients in both the Pfizer–BioNTech vaccine and the Moderna vaccine for SARS-CoV-2. Both RNA vaccines consist of Messenger RNA, or mRNA, encased in a bubble of oily molecules called lipids. Proprietary lipid technology is used for each vaccine. In both vaccines, the bubbles are coated with stable molecule of polyethylene glycol.

As a leading worldwide supplier of PEG & ADC linkers, Biochempeg supplies a variety of high purity PEG derivatives, [PEG linkers](#) and ADC linkers to empower drug research & development.

## What is a viral vector vaccine (Johnson & Johnson)?

Viral vector-based vaccines differ from most conventional vaccines in that **they don't actually contain antigens**, but rather use the body's own cells to produce them. They do this by using a **modified virus (the vector)** to deliver genetic code for antigen, in the case of COVID-19 spike proteins found on the surface of the virus, into human cells. By **infecting cells and instructing them to make large amounts of antigen**, which then trigger an immune response, the vaccine mimics what happens during natural infection with certain pathogens - especially viruses. This has the advantage of triggering a **strong cellular immune response** by T cells as well the production of antibodies by B cells. An example of a viral vector vaccine is the rVSV-ZEBOV vaccine against Ebola. (Adapted from: <https://www.gavi.org/vaccineswork/what-are-viral-vector-based-vaccines-and-how-could-they-be-used-against-covid-19>)

### EUA Memorandum

<https://www.fda.gov/media/146338/download>



Janssen (viral vector)
Recombinant, replication-incompetent Ad26 vector, encoding a stabilized variant of the SARS-CoV-2 Spike (S) protein
Polysorbate-80
2-hydroxypropyl- $\beta$ -cyclodextrin
Citric acid monohydrate
Trisodium citrate dihydrate
Sodium chloride
Ethanol



Watch this video at: <https://youtu.be/osRo-yz1VQ8>

## What is Emergency Use Authorization?

### [Emergency Use Authorization | FDA](#)

(EUAs)

The Emergency Use Authorization (EUA) authority allows FDA (Food & Drug Administration) to help strengthen the nation's public health protections against **chemical, biological, radiological, and nuclear** (CBRN) threats including **infectious diseases**, by facilitating the availability and use of [medical countermeasures](#) (MCMs) needed during public health emergencies.

Under section 564 of the Federal Food, Drug, and Cosmetic Act ([FD&C Act](#)), when the Secretary of HHS declares that an emergency use authorization is appropriate, FDA may authorize **unapproved medical products** or **unapproved uses of approved medical products** to be used in an emergency to diagnose, treat, or prevent serious or life-threatening diseases or conditions caused by CBRN threat agents when certain criteria are met, including there are no adequate, approved, and available alternatives. The HHS declaration to support such use must be based on one of four types of determinations of threats or potential threats by the Secretary of HHS, Homeland Security, or Defense.

## Conclusion

In conclusion, the immune system is the body's natural defense system. It defends the body against foreign invaders on multiple levels. First, through natural barriers like skin and bodily fluids. Second, by having white blood cells that search for anything that breaches the skin, or is introduced in the body through the various openings, and kill it. Lastly, these cells trigger lasting memory that will attack this invader if it comes back in the future.

The coronavirus (SARSCOV2) that causes COVID-19 is a new virus that our immune systems have not encountered before. However, it has a low fatality rate (possibly less than 1%). This rate increases according to compromised immune systems due to age and preexisting conditions. These preexisting conditions are more common in our neighborhoods due to racism, social and environmental determinants, and lifestyle choices.

The science of vaccines was created by original people a long time ago. However, current scientists have been playing with germs and have created new technologies that are not the same as traditional vaccines, which contained the virus. These current vaccines are synthetic constructions of genetic code and genetically engineered viruses that no one truly knows the long-term effects of. If you have a compromised immune system for whatever reason, do your research and make an informed choice before you get the experimental package. The EUA memorandums contain all the information about the creation of these vaccines.

If you do not have a compromised immune system, make sure you make routine doctor visits and have checkups to make sure everything is okay. You can boost your immune system by engaging in healthy behaviors such as those listed below. Please make sure you consult with your PCP *and* do your research!!!

Peace!!

God I Be 77

## Possible Causes of Low Immune System

- Diets high in saturated or hydrogenated fat
- High sugary foods
- Nutrient deficiencies
- Poor gut flora
- Lack of fruit and vegetables
- Lack of essential fats such as fish
- Excessive alcohol, drugs or smoking
- Chemical pollutants
- Stress
- Lack of sleep

## Symptoms of Low Immune System

- Allergies and food sensitivities
- Feeling very tired all the time
- Frequent colds or flus
- Sore throat
- Swollen glands
- Headaches
- Muscles

## Immune Boosting Tips

- **Stress Management** - Stress is one of the prime reasons for weakening of the immune system. Stress reduction techniques like yoga, meditation, tai chi, or chi qong can help you to maintain your immune system.
- **Sleep** - Each person has their own unique sleep requirement. Learn how much sleep is right for you and make sure you get that amount.
- **Green Leafy Vegetables** - Fresh green leafy vegetables help in promoting immune health. Spinach, cabbage broccoli, and other green vegetables are thus extremely beneficial for your overall health. These green vegetables are not only rich in antioxidants but also contain important phytochemicals that boosts the immune system.
- **Fruits for Immune System** - Eating fruits give a person so many vitamins, minerals, as well as the amazing antioxidant Phyto-chemicals which help fight diseases such as cancer, heart disease, high blood, among many other things.
- **Water for Better Immune** - Drinking plenty of water flushes toxins and ensures that your cells get all the oxygen they need to function as they were meant to.
- **Work Outs Exercise** - increases circulation and helps regulate the immune system and hormones that influence the healing process.



## **Supplements for Immune Boosting**

- **Colostrum:** These supplements are used by athletes to increase their muscle mass which helps to improve their performance.
- **Multivitamins:** Studies show how multivitamins enhance the immune system and deliver nutrients that the body needs for good health.
- **Vitamin C:** It is involved in white blood cell production, T-cells and macrophages. Without Vitamin C in adequate quantities, our own body's best defense against disease is left without fuel.
- **Vitamin D**
- **Zinc**
- **Elderberry**
- **Purple Sea Moss**
- **Bladderwrack**
- **Ginger**
- **Lemon**
- **Lime**