



## Surviving BioTerrorism

PHYSICIAN / PATIENT BOOK SHELF



By Del Meyer, MD

***BIOTERRORISM: How You Can SURVIVE***

by Russell L. Blaylock, MD, Physicians Preference, Inc.  
(www.PhysiciansPreference.com) 1-877-351-0593, 36 pp, \$10

IN 1998, ROBIN COOK, MD, pointed out in *Vector* (Penguin Putnam, Inc. © 1999) that what his characters say about bioweapons and bioterrorism is true. Cook then stated that it is not *whether* a major bioterrorism attack in the United States will occur, but *when*. Bioterrorism took front and center stage in October 2001, only a month after the terrorist attacks on the World Trade Center and the Pentagon, when a few envelopes mailed to Tom Brokaw, Tom Daschle and others demonstrated that almost anyone can be reached. As a result, 3 people have died of anthrax and 41 have been confirmed infected.

*Bioterrorism: How You Can Survive* is a timely work by neurosurgeon Russell L. Blaylock, MD, privately published just after the biological terrorism events of October 2001. It provides a fresh presentation of facts, along with a hopeful perspective. The general public does not see the enemy as a unified terrorist network, but rather as small groups of disgruntled, poorly educated, impoverished nut cases who periodically cause nasty things to happen, posing no real danger to the powerful West.

The dispersed and disjointed appearance of their network is not a weakness, but a strength that makes the counter terrorist's job more difficult. Many terrorism experts feel biological agents are too difficult to dispense. University specialists in infectious diseases, without expertise in weaponized biological agents, merely describe naturally occurring diseases. One even assured audiences that anthrax would not make a good terrorist weapon.

But Blaylock quotes Dr. Michael Osterholm, author of *Living Terrors*, as stating that the many, inexpensive, compact aerosol devices can efficiently dispense these biological weapons. Even a humidifier can be effective in dispersing test organisms over a wide area. To kill everyone in a square kilometer by conventional weapons would cost \$2,000, by nuclear weapons \$800, nerve gas \$600 and biological weapons \$1. Crop dusting airplanes can be easily purchased on the Internet, without a trace. As Major General Marshall Stubbs warned in 1986, an enemy with only 10 aircraft with dry biological material, such as anthrax or plague, could kill or incapacitate 70 million Americans.

Other bioweapons, such as smallpox and plague, are chosen by terrorists because they are difficult to defend against. Vaccines are specific and will not protect against many microorganisms that have been weaponized.

Blaylock outlines the basic care we should follow if exposed. He recommends nutritional supplements and dietary modifications to protect against bioterrorism, and a list of items for our emergency supply chest. In case of onset of disease, he provides a program for maximizing body defenses.

Blaylock points out the pitfalls in the information provided by experts and the media. The terrorists not only want to kill us, but to also destroy our economy. The destruction of the World Trade Center killed 3,000 people and put over a million people out of work. Blaylock reminds us that terrorism is not an end in itself. Initially it made demands and changed foreign policy. Then terrorism destroyed property — airplanes, ships and embassies. As the level of violence increased, the demands decreased. Now terrorism seeks a world socialist government ruled by terrorist elite, under the guise of Islamic fundamentalism. As their writings and speeches proclaim, the new goal is total destruction of the West, Christianity and capitalism. Nothing less will be accepted.

Joseph D. Douglass, Jr., PhD, coauthor of *America the Vulnerable: The Threat of Chemical and Biological Warfare* and *CBW: The Poor Man's Atomic Bomb*, states in the introduction that Blaylock's book is the best on the problem of biological warfare he has read in over 30 years. He surmises that we have just seen the initial warning of terrorist attacks.

If the limited attack through the mail system can overwhelm the capabilities of our CDC, what will happen in a terrorist attack affecting thousands and possibly millions? Physicians and families should become familiar with Blaylock's pamphlet. Our survival could depend on the information he provides.

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