



## **The other test, the corona passport and healthy lifestyle**

**There is a way to reduce the size of corona risk groups. That way is called preventive lifestyle medicine. Risk groups that can become very ill from corona and have a greater chance of death are (mainly) the elderly, people with diabetes, cardiovascular disease, significantly overweight (morbid obesity) or other underlying suffering. We cannot do anything about aging, but we can age as healthy as possible and prevent diseases with a healthy lifestyle.**

What applies to all people, whether you are vaccinated or not, is that a healthy lifestyle contributes to better immunity and better health, in all circumstances. A healthy lifestyle helps to prevent viral infections and other diseases. A healthy lifestyle demonstrably helps to reduce the risk group and to keep healthy people resilient.

Download here pdf Scientific proof of lifestyle medicine (\*)

(\*) [https://ffcb0ddc-6739-41f8-9292-7f6c17fe4837.filesusr.com/ugd/7b39c0\\_6c336be412134563825279f28d0acbc5.pdf](https://ffcb0ddc-6739-41f8-9292-7f6c17fe4837.filesusr.com/ugd/7b39c0_6c336be412134563825279f28d0acbc5.pdf)

Source report Lifestyle Medicine: Lifestyle4Health. This organization aims to reduce the disease burden of lifestyle-related diseases by 50% within 10 years by giving lifestyle interventions a central place in the treatment of these diseases, together with self-care and self-management.

## **Antibodies**

Our defense or immune system fights infections in different ways. If you get sick from corona and you are quite bothered by it, your body will start making antibodies. Two types of antibodies are then produced (IgG and IgM antibodies). Presence of IgG antibodies indicates a current infection and the presence of IgM antibodies speaks for a previous SARS-CoV infection. In the event of a subsequent infection, the antibodies recognize the virus and immediately clear it up.

If you are healthy, do not belong to a risk group and you have experienced an infection with noticeable symptoms or without noticing anything, your body can fight corona invaders or even keep them out completely.

So if you want to know whether you have antibodies in your blood and are demonstrably better protected against a possible next corona infection, you can have a serological blood test taken. If you want a reliable result, the test must be performed under the guidance of an expert doctor or BIG registered nurse, by means of a blood sample from a vein (see: Biovis (\*\*), Germany) or a finger prick. You can have a serological antibody test taken by means of a finger prick in various places in the Netherlands, including at the 'green test street' Sneltestpark in Baarn and recently also via [www.antistoffentest.nu](http://www.antistoffentest.nu)

(\*\*) <https://www.biovis.eu/de/>

## **Video and report**

Other names for serological tests are therefore also IgM and IgG tests. A clear explanation is given in this video by Drs. J.C.S.Hans Smeek, dentist/implantologist, who is a volunteer at the 'green' corona checkpoint in Baarn (Netherlands).

In Baarn, more than 10,000 people have had an antibody blood test taken. A report on this can be downloaded here:

[https://stichtingvaccinvrij.nl/wp-content/uploads/2021/09/rapport\\_onderzoek\\_antilichamen-1.pdf](https://stichtingvaccinvrij.nl/wp-content/uploads/2021/09/rapport_onderzoek_antilichamen-1.pdf)

### **To prevention better than to cure**

Prevention is better than cure. If you want to prevent your house from being broken into, put good locks on the door and close your windows. Burglary prevention. You make burglary as unattractive as possible for potential burglars. This also applies when it comes to protecting your health: you make it as difficult as possible for potential intruders (eg viruses) who want to undermine your health. You do this with common sense and a healthy lifestyle, including natural food, sufficient exercise, little or no alcohol, no smoking and sufficient relaxation and recovery (the 5 BRAVO basics). There are a total of 12 basics that will help you on your way to a healthier life. 'Common sense' includes thinking carefully about whether or not to vaccinate risk groups and whether or not to vaccinate healthy people. And think about the safety of current vaccines.

### **Natural immunity superior**

In any case, prevention is always a good idea, everyone agrees on that. However, opinions are divided about what prevention should look like: through vaccination (and if so: for whom) or through building up natural protection through a natural infection (and if so: for whom). New scientific studies are increasingly showing that natural protection may eventually work better than vaccination.

**Meta-studies have since confirmed that natural immunity offers better protection against re-infection than vaccination (download here, English).**

[https://jfc0ddc-6739-41f8-9292-7f6c17fe4837.filesusr.com/ugd/7b39c0\\_a4e1b18c75df4c85acdb7d619b274662.pdf](https://jfc0ddc-6739-41f8-9292-7f6c17fe4837.filesusr.com/ugd/7b39c0_a4e1b18c75df4c85acdb7d619b274662.pdf)

## **Are we losers with mass vaccination?**

There are experts (including Geert Vanden Bossche) who say that mass vaccination ('vaccinating everyone') eventually destroys natural immunity. If that is true, we are all pretty much screwed with the current mass vaccination policy. Vanden Bossche is an independent virologist and vaccine expert. He used to work for GAVI and The Bill & Melinda Gates Foundation, so not someone whose opinion you can just put up. Others, including dutch dutch Minister Hugo de Jonge of VWS, think otherwise.

## **Corona passport**

Anyone who has demonstrable antibodies against Covid-19 (and is therefore protected) cannot have this formally registered in the corona passport. The result can be recorded in the yellow vaccination booklet. However, the European Commission – and therefore also our government – does not accept the entry in the yellow booklet as a valid travel document.

That is remarkable, because if you have neutralizing antibodies against corona (Covid-19), you are protected against reinfection. You can get antibodies by going through an infection (natural protection) or by vaccination. Two important ones are: how can you find out if you have protective antibodies against corona (Covid-19)? And: why is the result of a serological blood test ('the other corona test'), which can show whether you have antibodies, not legally valid in Europe? Read the article below. I talked to doctors and other experts about it.

## **Israel**

If you live in Israel, the first western country to develop a corona passport, you can upload a good result of a serological test to the Ministry of Health. You will then receive your corona passport to be able to travel or as an entrance ticket for events. "After all, the person is protected, just like the vaccines protect," is the reasoning.

## **Meanwhile in Brussels**

Brussels, the government of Europe, does not want this scenario. That is why in the Netherlands the result of a serological test is not yet valid as proof.

The European Parliament initially wanted the serological test for the so-called 'European Digital Green Certificate' to be recognised, but the European Commission later came back to this.

There may be a reconsideration in a few months. For now, anyone who can demonstrate through a serological test that he or she has antibodies will not receive a 'proof of recovery' from the Netherlands and the EU.

### **Digital passports**

Read more about the EU agenda with the digital corona app here:

European Commission agenda / QR code [https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate\\_nl](https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate_nl)

And more about the digital link with the regular passport here:

<https://www.dutchcowboys.nl/cybercrime/paspoorten-en-identiteitskaarten-krijgen-qr-code>

### **Sanquin**

A proof of recovery for the corona app is only issued in the Netherlands to those who had a positive PCR test result in the past six months," said journalist Boris van Zonneveld in an article on 15 July in Technische Weekblad.

Why is the serological blood test not legally valid in the EU? The member states of the EU felt that there was too little scientific substantiation for this, but the American FDA approved no fewer than 81 serological tests, according to journalist Boris van Zonneveld in an article on 15 July in Technische Weekblad.

"Blood bank Sanquin uses the test to measure antibodies in their donors. The fact is that there are different types of serological tests, whereby it is important to set requirements with which a test must meet. The right tests measure antibodies for the long term, neutralizing IgG antibodies. The Haaglanden MC, for example, states that it uses this best, most advanced serological test. Commercial labs also offer the test. They are a lot cheaper than a PCR test."

For example, approved by the FDA and used by Dutch labs, the Siemens Healthcare Diagnostics Atellica IM SARS-CoV-2 IgG test measures neutralizing antibodies.

"In principle, this test could be used to measure what is needed for us as clinical virologists," says Louis Kroes, professor of clinical virology at the LUMC, in Technische Weekblad. "Many serological test systems from renowned manufacturers give very well calibrated results. It is theoretically possible to determine a value and a protection period. Isn't any attempt that contributes to exploiting natural infections welcome?"

### **Van Zonneveld**

Boris van Zonneveld, the writer of the article in Technische Weekblad, is a journalist specializing in science & technology. He wrote articles for, among others, Elsevier Weekblad, Quest, KIJK, Technische Weekblad and Bits&Chips. Entertainment articles have also appeared in De Telegraaf, Nieuwe Revu, DJ Mag and Buma Stemra Magazine, among others. Since graduating in 2004, he has worked full-time as an independent journalist for various clients. More than 3600 articles by him have now been published in newspapers and magazines. He has also written three books.

### **Immunologist Jonah Walk**

For the article in Technische Weeblad, Van Zonneveld also spoke to doctor/immunologist Jona Walk (Resident AIOS internal medicine / Translational researcher in immunology & infectious diseases). Jona Walk received her PhD in vaccine immunology. In the article, she

questions the exclusion of the serological test for the corona passport in advance to be able to travel. "I don't think it's right to exclude the serological test if you do accept a positive PCR test from the past six months or a vaccination. The same uncertainties that you have with serology also exist around PCR tests and results." Walk also refers to the existence of data that show that a previous infection protects better than vaccination. "In fact, a publication in the world's leading scientific journal Nature shows that many people who become infected probably continue to produce antibodies for most of their lives."

When asked why the European Commission does not want to include the antibody test in the green certificates for the time being, Van Zonneveld writes: "One of the EU's considerations was the following, according to a document from the European Commission: 'Use of Digital Green Certificates issued on the basis of positive serology can have an impact on public attitudes towards the relative importance of vaccination.'" In other words, people want to get as many people as possible on the vaccine."

### **Werner de Jonge**

Another argument against the serological antibody test is that this logistics cannot be arranged. In a response to this on Sept. jl. on LinkedIn, Van Zonneveld states: 'Why can't it be logistically? You can do such a test at many labs at your own expense, and all the government has to provide is an upload option for your certificate to the site of the Ministry of Health. That's how it is in Israel. Or that your doctor can pass on the results. But the government doesn't want that.'

### **Antibodytest**

IT expert Werner de Jonge responds that 'logistics' need not be a deal breaker at all. He is co-founder of [www.antistoffentest.nu](http://www.antistoffentest.nu). "Would you rather let the vaccine pass you by? And don't you want PCR tests either? But you do want to prove your immunity? Then make an appointment to test your Covid immunity and record it in the yellow vaccination booklet," says De Jonge.

## Comments and Conclusions

A few important remarks are in order here for the sake of completeness. They also indicate how complex the matter is and show, in conclusion, how much the discussion should actually be about the safety of the vaccine, naturally built up immunity, the importance of a healthy lifestyle and whether we should all want a test society. or not.

The human immune system works in different ways, obtaining antibodies in the blood is just one of the ways to prevent disease.

You cannot simply tell from antibodies in the blood whether someone has built up sufficient immunity. T-cell immunity gives better guarantees.

If testing is taking place and you have to provide evidence on the basis of a PCR test in the past six months, then it is only reasonable to legally recognize serological antibody tests as well.

Finally two questions. The first is: what is the added value of a potentially unsafe vaccine in the long run, if natural immunity may provide better protection? The second question is: do we all want a test society at all? If the answer is 'yes', then a plea for making the antibody test legally valid is justified. If the answer is 'no', then we must encourage each other to live healthier lives and support people who find this difficult with a healthier lifestyle.

*© The writer of this article Rosaline Ratering McDonald (Arnhem, 1962) is a former journalist. She worked for Reed Business Information, among others, and was then a freelancer member of the Dutch Association of Journalists until 2011. She is the founder of the Gezond & Welzijn training institute for Christian lifestyle coaches (2013), CRKBO registered specialist teacher lifestyle coaching, certified nutritionist, KABIZ registered Stop Smoking Coach and founder of Leefstijlplan naturally in balance ([www.Gezondeleefstijlcoach.nl](http://www.Gezondeleefstijlcoach.nl)). She is co-founder of the Free Health Foundation ([www.stichtinggratisgezond.nl](http://www.stichtinggratisgezond.nl)). Together with other lifestyle professionals, she is committed to a healthy and just society.*