

Caspar ([00:00:00](#)):

In today's world, it's critical to question everything, especially when it comes to conventional medicine and your health. Our guest today is an acclaimed alternative medicine doctor, author, and speaker who is known for his common sense holistic approach to health and wellness. With almost four decades in medical practice, he's dedicated himself to questioning traditional healthcare perspectives and is calling for a reexamination of foundational medical practices. This is the Story of the New Biology with Dr. Thomas Cowan. Dr. Cowan. So nice to have you on.

Dr. Tom Cowan ([00:00:34](#)):

It's okay. You can call me Tom.

Caspar ([00:00:36](#)):

Tom. Okay. Well, let, let's not be formal with things. Tom. that's my father's name also, so I'm very familiar with it. And you know, a lot of people became familiar with you in the last few years. I followed your work for longer, but I remember people sharing a video early on the pandemic where you were discussing 5G, the virus, and kind of linking up those two that I believe went really viral. For those that don't know about it, can you give a little background on what two you were talking about and why you think that went so viral?

Dr. Tom Cowan ([00:01:13](#)):

I mean, I don't know why it went so viral except that people were looking maybe for a different way to understand what they were in the beginning of hap it was happening. And obviously you know, we've all learned a lot in the last four years. And I would put myself strongly in that category. So I wouldn't say things in exactly the same way that I did then because I've basically come to the conclusion that two important things that were not clear in that video. Number one, there was no pandemic, and number two, there's no such thing as a virus. So it's when people say, well, you think 5G caused COVID? Or you think 5G caused the virus? Mm-Hmm. Neither of those reflect what I actually think. There is no virus there's no, the only meaning of COVID. There's, there's actually two I would think one is C like the letter C, the ovid, you know what an ovid is? A sheep.

Caspar ([00:02:27](#)):

Sheep, okay.

Dr. Tom Cowan ([00:02:29](#)):

And there's also a famous Greek philosopher whose name was Ovid, one of the most famous. And he actually was, you might say, the first transhumanist. So they were telling us in the way that they do, see the work of this guy Ovid, because that's what's in store for you.

Caspar ([00:02:53](#)):

I see.

Dr. Tom Cowan ([00:02:54](#)):

There is no COVID disease, you know there's no pandemic like they said. And there certainly is no evidence that anything called a virus actually exists. So I would've cha I would now change what I said then, but I mean, it was close enough. So, you know, that's fine.

Caspar ([00:03:15](#)):

I think it's just this you know, to most people it seems like a radical thing, and I think that's probably why it went viral and people start. Yeah. It's, it's kind of, you know, like you mentioned in some of your books, it's like when you go from the heliocentric to the, I mean, the geocentric to the heliocentric understanding, it changes a lot of people's really understanding of what is what. And, and that itself is a radical kind of thing for people to even embrace. 'Cause we're told viruses are real. Yes, we're told there's virologists, we're told to vaccinate and, you know, immune ourselves against it. And then there's this counterpoint that you're making that there's no such thing, right? You know, when, when, when a virologist comes to you with that, you know, let's say, what do you mean, Tom? That, that there's no such thing? What, what do you say to them?

Dr. Tom Cowan ([00:04:05](#)):

I say show, let's ex let's go through how a virologist proves the existence of a virus and, and shows that it causes disease. And there's basically, virology rests on four principles. The first one is that sick people or animals wake make well, people or animals sick. Now, you hear that a lot. You know, I, my wife got sick and then I got the same thing, or my children went to chickenpox parties. And how come everybody got COVID at the same time? Et cetera. So here's the, the, see, the real problem here is we live in a scientifically illiterate culture, and the main people who are scientifically illiterate are the medical doctors and the scientists. So that creates a problem. Now, here's what I mean by that. The, the, the first essence of science is if somebody has a claim, then you investigate the claim and you don't, it's not a matter of competing hypotheses.

Dr. Tom Cowan ([00:05:22](#)):

Let me demonstrate that for a minute. Let's say you're 18-year-old Asian looking fellow. Your parents are Caucasian. You always wondered about that. One day you rummage through their closet, you find adoption papers. You go to your mother and say, was I adopted? She says, yes. And we didn't wanna tell you, but we were someday gonna tell you. And it's true. You know, I've never seen a picture of you pregnant et cetera. So that's true. And you go to your best friend, and he, he say, you know, I'm just found out I was adopted. And he says, so who are your real parents? And he said, I don't know. He says, until you tell me who your real parents are, then I don't believe you are adopted. That's nonsense, right? That's anti-scientific thinking. And so, but un but unfortunately, if you go to most doctors and say, I don't think there's any evidence that chickenpox caused by a virus.

Dr. Tom Cowan ([00:06:18](#)):

They say, so what caused chickenpox? So who are your real parents? The ev. So getting back to the claim, the claim is there's this physical particle. They say it has a, you know, protein coat, DNA or RNA in the inside, it replicates in the cell and causes disease. So the first claim is that disease passes from one person to another, right? You got sick and then your wife got sick, chickenpox parties, et cetera. So the principle of that is if two or more people or animals get sick at the same time, in the same place with the same symptoms, something must have been transmitted from one to the other, right? That's what you're seeing. So here's the question. Is that true?

Dr. Tom Cowan ([00:07:12](#)):

Does not have to be No. Yeah. What if you put a hundred rats in the basement and then somebody puts rat poison, and then the next day, 10 rats die for all bleeding to death, and then the next day, 20 rats die, and the next day all they're all dead. Same symptoms, same time, same place. That's not a contagious event. In other words, you cannot tell because one person after another gets sick with the same symptoms that something was transmitted, right? You agree with that? I agree. So you have to do a study. You have to have everything the same except these hundred people were in this a room with somebody with chickenpox and these hundred people, same room, same emotional, same diet, same everything. And

these people weren't. Right? That's how you would do it. That's called doing science. There's an independent variable, which is children who are sick.

Dr. Tom Cowan (00:08:11):

Now, I can tell you and every listener out there, there is not one study in the scientific medical literature that demonstrates that any illness in animals or children is transmittable from one person or one animal to another. And there's at least 200 that I know of that show that it doesn't work like that. Including the Rocino study in the Spanish flu. And Daniel Reuters, a friend of ours, wrote a book called, Can You Catch a Cold? 200 Studies Investigating the Transmission of Colds and Flu, all of which were negative. So if you think that's the case, right? Then you're gonna have to send me a study showing that that's how it works. And after four years, nobody has. So that's the first thing I would say to a virologist, is we have no evidence that disease is even transmissible. So why are we studying this?

Dr. Tom Cowan (00:09:13):

So the next thing I would ask him is, what is the definite in? Is it true that in order to show something exists, you have to observe it, and then in order to know what it's made of, you have to physically isolate it and then show what the components are? And only then can you study it if you have it isolated? Is that true? In other words, if you tell me that you, you can find a unicorn because you found a piece of a hoof, you better show me the unicorn first and show me the unicorn has that particular hoof and nobody, no other animal does, right? Mm-Hmm, <affirmative> Common sense. Okay, so what is the definition of isolation? It's easy. Separate one thing from all other things, right? I have pencils and magic markers here. I wanna isolate the magic marker. I do it like this.

Dr. Tom Cowan (00:10:20):

If I study it by grinding all three of them together and then say, well, magic markers are made of graphite <laugh>, I would be wrong because I, I didn't physically separate the two to know what that this has made of anything or does anything right? Now, here's the reality. And again, if anybody disagrees, they can send me the study to show I'm wrong. I know a hundred percent sure I'm not. There is no example in the scientific medical literature of any virus being separated, isolated from any tissue or fluid of any sick person in order to be characterized.

Dr. Tom Cowan (00:11:11):

And in fact, we have over 200 institutions who, when asked, can you show me a study that shows that, that they did that? They said, no such study exists. So here's how a virologist isolates a virus. Okay? They take somebody who's sick like chickenpox or measles, they take the snot or the fluid from the lungs, they filter it, which means they get everything in the liquid. So there's proteins, enzymes, maybe a virus, but they don't see it. D-N-A, R-N-A whole lot of things. Toxins could be a lot of things. They put that on a growing culture of monkey kidney cells. They add kidney toxic antibiotics. They take away the food of the kidney cells. They add trypsin and other chemicals, they add calf serum. And they see if the monkey kidney cells die.

Dr. Tom Cowan (00:12:20):

They don't do a control. <Laugh> Not a real control anyways. When the monkey kidney cells die, they call that the isolation of the virus. That is what I would call bizarre, because we have actually proved that the reason the monkey kidney cells die, it happens exactly the same if you add the antibiotics. If you take the nutrients away, if you reduce the fetal calf serum, if you add trypsin and other chemicals to the mix, they die the same. We have proof that that happens. We have proven that their method of isolating a virus is anti-scientific nonsense. Therefore, that is the proof that there is a virus and it's wrong. So I would ask

him, tell me the definition of isolation. You know, a guy named Vince Racaniello who wrote the textbook of virology. He was asked that, he said, the definition of isolation of a virus is you isolate the virus.

Dr. Tom Cowan (00:13:41):

<Laugh>

Dr. Tom Cowan (00:13:42):

Brilliant, right? <Laugh>, that's the state of a modern science. And then you grow it in cell culture. But if you don't have the thing, how do you know it has DNA or RNA in it? If you don't have the thing, how do you know that these pictures, which by the way, they'll show you a picture of the broken down cell. They say that's the virus. But there are paper after paper showing that kidney cells under an electron microscope look exactly the same as so-called SARS-CoV-2. Exactly. And I have what I call my pumpkin challenge test. 'cause I have a little cat named pumpkin, and I taught him to say yes or no. You know, he moves his right paw yes and left. No. And I showed him 10 pictures. Five of 'em were SARS-CoV-2 and five of 'em were kidney biopsies from the 1990s.

Dr. Tom Cowan (00:14:43):

And I asked pumpkin, which one was which. And he got six out of 10, right. Pretty good. He al mostly says yes. And no virologist could beat that because there's no way to tell. And yet they will tell you, look, I see a picture of it. And you say, how do you know this wasn't just the kidney cells broken down? 'Cause you never isolated the particle. If you never isolated it, you can't know what it looks like, right? If you've never seen a unicorn, how do you know what a unicorn is made of? Or how do you know that it was the unicorn that blew up the house? 'Cause they're exploding unicorns. And then they say to you, yeah, but Tom, how do the people are getting sick, right? The uni, the houses are exploding, therefore it must be unicorn. And not only that, we put unicorn repellent around my neighborhood in, in Long Island, and not a single house has been blown up. Therefore, we know it works. Must be unicorns.

Dr. Tom Cowan (00:15:50):

But this is crazy. But this is how science works today. And then they start making up stuff. So they, they originally with virology, they said, well, if you're around somebody with a virus, you get sick. Right? Period. Then they would, a hundred people would be around somebody with chickenpox and not all of 'em got sick, right? Or the flu or colds. So why is you just falsified that claim? So why is that? Well, that's because you have an immune system. And that means, because if you only get one something once in your life, that means you're immune to it, right? Like a person who gets divorced once in their life, that means they're immune to divorce <laugh>. Unless of course they do something stupid and then they get divorced twice, which means they lose their immunity. 98% of the people who get hit by lightning get hit by lightning once.

Dr. Tom Cowan (00:16:53):

That's because you're immune to it. 99 plus a hundred percent of the people who go through puberty only get, go through puberty once. That's obviously because they're immune to it. So that's nonsense. So they say, well, how does this how do these immune system work? Well, you make antibodies and the antibodies are specific to the virus, and they keep you from getting sick, right? You've heard that. So we're gonna stimulate your antibodies, natural immunity or vaccine based immunity. So like chickenpox, you get chickenpox as a child, you get antibodies, you never get it again, except if you get shingles and then you get it again. But that's 'cause your immunity wore off. With the flu, you get antibodies, but the flu virus knows how to evade the antibodies. So then you get the flu every year and the antibodies don't really work. And then in 1984, they said, oh, you got these people with AIDS, right?

Dr. Tom Cowan (00:17:59):

Remember first they told us antibodies protect you from the disease. Now they say, got these people with AIDS, and they're dying. And we know it's from a virus, right? HIV. How do you know it's from a virus? Well, because they have antibodies. And antibodies mean the virus gonna kill you. And I remember hearing that and thinking, what the, <laugh>? I just spent four years that telling me that if I have antibodies, I'm immune. And this guy Robert Gallo says, if you have antibodies, that means you're gonna die. Like who changed the rules? And this is nonsense, but this is the way that science works. They make a claim, the claim gets falsified. They, they then make up another story to keep the claim going. And next thing you know, you don't remember what the original claim was. So everybody thinks it's bad. And by the way, this isn't just science and me, or it isn't just biology and medicine. It's everything to do with science. And it's really started with a guy named Albert Einstein. Mm-Hmm. <Affirmative>. You've probably heard of him. Oh, yeah. He said, it's not a quote, it's a paraphrase. Science should no longer be based on observation and experimentation. It should be based on free invention of the mind. In other words, make shit up.

Caspar (00:19:30):

<Laugh>,

Dr. Tom Cowan (00:19:31):

Right? Doesn't matter if it relates to what you see or what you feel, or an actual careful experiment, you just make stuff up. So that's what we do. They make up atoms, they make up electrons, they make up Golgi apparatus, they make up immune system. They make up viruses, they make up ribosomes. All of them you can prove either don't exist or don't do anything like they say they do.

Caspar (00:20:06):

I, I think it's incredible how many people these days take things at face value from the supposed authorities. Correct? We just assume that people know what they do because of degrees or organizations they're within.

Dr. Tom Cowan (00:20:20):

Somebody must have shown there's a ribosome,

Caspar (00:20:23):

Right?

Dr. Tom Cowan (00:20:24):

Somebody must have shown there's an electron. Even though Schrodinger, one of the fathers of the theory said, oh, you know, if you looked in an atom, you'd never see an electron. They don't even believe it themselves. But anyways, I interrupted you. No,

Caspar (00:20:38):

No, no. It's, it's, it's a valid point because some of the greatest scientists of the past acknowledge the limitations of science that we know nothing really. You know, those were the grades I think that began that, like Schrodinger and the quantum physics kind of revolution that we still haven't truly adopted, I believe in medicine at all. Still on those Newtonian principles and still kind of going with things that have been in some ways, debunking.

Dr. Tom Cowan (00:21:02):

You're mentioned the quantum principles are nonsense,

Caspar (00:21:06):

<Laugh> go, go, go into that a little bit more because

Dr. Tom Cowan (00:21:09):

Quantum principles are based on the existence of the nuclear atom. Now, here's the key. So you got all these people, if you say, well, what is stuff made of? Stuff's made of atoms, right? So what is an atom? An atom has a nucleus with a proton and a neutron, and then it's got an electron circling around, right? And they're in certain states which are called quantum. So that's where the whole idea of quantum. And then they tell you wonky stuff, like by the way, the, the, the, the, because in, because on the quantum level, things exist in two different places at once, right? Does your house exist at two different places at once?

Dr. Tom Cowan (00:22:02):

How about your dog? My, my cat doesn't, how about this pencil? No. So nothing in your experience actually behaves like that, right? Yes. Nothing. And they say, well, when it gets really small, then it, it, it changes its behavior. So of course I would ask, at what size does it go from normal? So this, this seed only exists here. And when it gets really, really small <laugh> like two angstroms, then it exists in two places at once. I don't believe it. And so here's the thing. If you believe there's this quantum theory, you need to know how did they come up with the nuclear atom theory, right? Do you know that? Nobody's, nobody knows that they believe it, but if you ask them, so who, how, what was the experiment that demonstrated that there is a nucleus in an atom in electron spinning around? Nobody knows.

Dr. Tom Cowan (00:23:19):

I know. 'Cause I looked it up. There's two experiments. One's called the Rutherford Experiment. He takes a piece of thin metal, like gold, shoots a laser through it. 99.9% of it doesn't, doesn't scatter goes through like nothing's there, right? So he says, well, that must mean that all of the mass of a, of a substance is concentrated in 0.01% or less of the, of the area of the substance. That's the nucleus. Everything else is space. So they just told you that your hand and this on your desk, and this thing here is made 99.9% of, of space, right? Part of the quantum theory. So stick your hand through it. It's just space. Can't do it, right?

Caspar (00:24:21):

No. And, and why not? The counterpoint would be, it's, it's dense, right? Matter that is still broken up with space. I mean, I'm telling you like,

Dr. Tom Cowan (00:24:30):

How is it dense matter? There's nothing there. They said they proved it. The light goes through the other, the, so that's, that's, there are many more possible explanations including impurities in the metal, right? Or that, that, that 0.01%, that's the entire atom. Or we have no idea <laugh>. We have no idea. And you don't need to know. You don't need to know who your parents are to know that that explanation is baloney. Now, the other experiment was they, they looked at the radioactive decay of material and they said, well, there's helium atoms, there's gamma radiation and there's electrons. Therefore electrons were in the atom. And then when they radioactively decayed, they were emitted. And that's, and so that's how we know there's electrons. And then they turn around and say, but the helium atom and the gamma rays, they weren't there in the original atom.

Dr. Tom Cowan ([00:25:40](#)):

So even though they were ejected exactly the same way as the electrons, two of the three things that were ejected, actually, they say those were created anew by the radioactive process, without any explanation of why the third one is somehow proof that it was in the atom in the first place. How come that one wasn't created by the radioactive process? So in other words, when you go and actually investigate where this claim came from, it's, it's a house of cards. Let me give you another one. What percentage of people think that a DNA exists as a double helix in our tissues?

Caspar ([00:26:28](#)):

Close to a hundred. I would

Dr. Tom Cowan ([00:26:29](#)):

Say a hundred percent. Okay. Who, who came up with that theory? Yeah. You know, Watson and Crick, right? They wrote a paper 1953 nature proposing the idea that DNA is a double helix. That's like the snake and the whole thing, you know, all the mythology. And that is in it, it without that model, the whole thing doesn't work. You know how many doctors have read that paper? Almost none except me. So I go and read it. There's not a measurement in the whole paper. He says, we assume that the rotational angle happens every 32 angstroms. That's the definition of a helix. In other words, if you take something, you say, I assume all the angles are 90 degrees. Oh my God, I found a square. <Laugh>.

Dr. Tom Cowan ([00:27:36](#)):

No, you didn't. You just assumed that it was a square. And so you got a square <laugh>. It's, then they show a picture of it and they say, how did they get this picture? Well, they took, I can, they took a, a, a white blood, white blood cell nucleus from a guy in a hospital who had pus, and they extracted the nucleus and they dried it and put some chemicals on it and exposed it to x-rays for 63 hours. And they got this X-ray image that looks like a cross. And so they said, that must be a double helix. Now, interestingly, I think it was Sussex University, a bunch of artists decided to take a ballpoint pen spring, you know, the spring? Yep. And they did the exact same procedure as they did in that paper that Rosalyn Franklin picture 501 or 51 that Watson and Crick used, they got the exact same image from the ballpoint pen spring. So I tell people, your genetic material, the thing that makes you, you, it's just as likely to be DNA or the spring from a ballpoint pen <laugh>.

Dr. Tom Cowan ([00:29:02](#)):

And yet they've, everybody believes it. They have genetic diseases. They talk about epigenetics. I'm gonna eat this way to change my genetics. Meanwhile, they have this theory. Each, there's one gene makes one protein, right? That's how the whole thing works. You know how many proteins there are in the human body? About 200,000. You know how many genes? They say they are about 10 to 20,000. In other words, apparently geneticists don't know arithmetic because there's 180 to 190,000 G proteins, of which, which, there's no gene associated with; falsifying the whole thing. By the way, we have the same, we know the complexity of us, supposedly because of our genes. We have the same amount of genes approximately as a fruit fly, which I actually think it's true that most scientists have the same complexity as your average fruit fly. But I can't prove that. So I usually keep that to myself.

Caspar ([00:30:11](#)):

You know, it seems like so much of, of what we're basing, you know, let's go with medical science on, is a lot of guessing, a lot of supposition, a lot of things that aren't really proven. And yet we have such faith in the medical system. And you know, I think it's part of that faith that we have in an unproven system that is leading us to more, it's a belief system disease.

Dr. Tom Cowan ([00:30:36](#)):

Yeah.

Caspar ([00:30:37](#)):

Right? And, and so how do we come, I guess my question is, 'cause I I don't work in a conventional paradigm either, but it's incredibly hard to get people that are believing in a conventional paradigm to adopt something new, adopt a new set of training, of thoughts. How does that start to unravel? Because you know, your, your ideas around this, so many others that I speak with are out there, and yet they're incredibly hard to be adopted by the masses that are still fully on board with, well, my doctor told me it was genetic. I'm going down the chemo route. That's that.

Dr. Tom Cowan ([00:31:12](#)):

Yeah. They get, they're gonna have to learn the hard way.

Caspar ([00:31:15](#)):

Yeah. But it seems like so many are learning the hard way. Right?

Dr. Tom Cowan ([00:31:19](#)):

There you go. It's good

Caspar ([00:31:21](#)):

<Laugh>, it's good, but it's suffering. It's unnecessary suffering. That sucks.

Dr. Tom Cowan ([00:31:25](#)):

It's unnecessary suffering. But that's what they're selling you. They're selling you victim consciousness.

Caspar ([00:31:31](#)):

Right.

Dr. Tom Cowan ([00:31:32](#)):

You didn't do anything. It's genes, germs, or bad luck. It's not how you eat. It's not how you live. It's not what we do to the world. It's not putting up, you know, wifi. It's not that you never moved, it's not that you don't eat right. It's not that you don't get out in the sun. It's not that you don't have a connection with people or animals or the, you know, the earth. It's not that you never walk barefoot. It's not that you don't, you know, communicate with other people. It's not that you don't see that when your body does something, it's always for a reason.

Caspar ([00:32:12](#)):

Yes.

Dr. Tom Cowan ([00:32:13](#)):

That is the main psyop of medicine. You get pu you get a splinter in your finger. Your body makes pus to get it out. You go to the doctor, he thinks you have an infection. He gives you an antibiotic to treat the pus. You're left with the splinter, and then you get splinteritice. And then the same thing happens. You breathe in toxic debris from chemtrails and dust and smoke. And then you get debris in your lungs. And then your, your incredible body tries to cough it out. And we call that bronchitis. And this the only thing



you can say, these ignorant doctors, including the holistic and alternative ones, by the way, they think you have a disease. And so you need to stimulate your immune system. What you have is your body's attempt to heal you. And even cancer, you know, I tell people like if, if you have a house, right? You got a house, somebody puts some garbage in your foyer of your house, what do you do?

Caspar ([00:33:21](#)):

Get rid of it.

Dr. Tom Cowan ([00:33:22](#)):

How do you get rid of it?

Caspar ([00:33:25](#)):

Take it to the curb. Right?

Dr. Tom Cowan ([00:33:26](#)):

What do you do before you take it to the curb?

Caspar ([00:33:30](#)):

Get it together, organize right, put it in garbage bags.

Dr. Tom Cowan ([00:33:33](#)):

Put it in a garbage bag, right? Yeah.

Dr. Tom Cowan ([00:33:36](#)):

You, you got garbage. You put it in a bag or a can. And then you take it out to the curb. Somebody puts garbage in your house. What do you do? You put it in a, in a receptacle called a tumor. The tumor is the therapy for garbage. And then you take it out to the curb. If you got too much garbage, then you eventually build up more and more bags. And then you put it in the garage, and then you put it in the spare bedroom. Then you put it in the hallway, then you put it in the kitchen, and then you can't live in your house anymore. And then you move. Now here's the proof of that. If you go to an oncologist, say, he says, well, you got cells growing and they metastasize, so they swim through the bloodstream from your breast to your liver.

Dr. Tom Cowan ([00:34:26](#)):

Right? That's how it works. All right, I got it in my breast. He says, how do you know if it's in my, in my going to my liver? Can you show me the cancer cells in the bloodstream swimming? No. Why not? There's not enough of them to see in the blood. It's the same thing they tell you with the virus. How come you can't see the virus in a chickenpox lesion or in a snot from somebody with measles or the lungs of somebody with COVID? There's not enough virus to see. So how do you know it's there? Well, idiot. It went from the breast to the liver. So it must have swam through the bloodstream. Just like that garbage in your house that you put in the, in the garage, obviously crawled to your bedroom. Right? That's the only way it could have got there.

Dr. Tom Cowan ([00:35:22](#)):

Not that you're decided to put the extra garbage in a new place. <Laugh>. This is, this is bizarre. It is a thought disorder. But here's the real problem with the whole thing. They decided, and you could argue when that, that the, the blueprint, the creative impulse for living substance is in the substance. That's what

they decided. Now, think about that. You got this house, right? And it's made of bricks and wood and two by fours and nails and screws. You decide that the idea, the creative impulse, the blueprint for the house must be in the bricks. So you dissect the bricks smaller and smaller, you don't find it. Then you, you get it down to single atoms of the brick stuff and the wood. 'Cause you insist that the creative impulse, the idea of the house must be in the bricks, in the wood a hundred years later, not there. Because the idea is in the mind of the architect.

Dr. Tom Cowan ([00:36:48](#)):

The idea for a living being it's not in your stuff. They can look till the cows come home. It's in the mind of the creator. And even though they cannot wrap their, their <laugh> mind around that idea, even though they think that, and they don't know where that thought came from, they think that it must be in the bricks. They don't know where that thought came from. Must be my brain secretes thoughts, right? Like the brain fires and all of a sudden you think that the creative impulse is in your, is in your liver cell or in a double helix, which you can't even show exists. This is, it's mad <laugh>.

Caspar ([00:37:43](#)):

Doesn't this show also the power of beliefs? That belief alone is, is so strong and will literally dictate health and disease in some ways, being that you could be told you have something and you will get it correct? Yeah, absolutely. It's not even that, that's what I find so much is is the frustrating part of, of so many patients I see that go conventional and like you mentioned some holistic as well. Is the diagnosis right away based on basically a, a guess will dictate whether or not you get worse or better. You tell someone absolutely. They have stage four, not even really, you know, proving it or proving it in their own ways. That is the doctor's belief system of what it is then dictate absolutely the belief system on the patient.

Dr. Tom Cowan ([00:38:24](#)):

It's all a belief system. They believe in viruses. They believe in growing cells called cancer. They believe in synapses, in nerves and neurotransmitters, even though it is absolutely arguably proven. There are no such thing as synapses and nerves. There's no neurotransmitters that have anything to do with nerve impulse. They've demonstrated that, they falsified those claims and they still tell people, oh, well the reason you're acting so weird and spending all this money, you have a chemical imbalance of your neurotransmitters in your brain that's called bipolar. And by the way, if you don't believe me, bad things are gonna happen to you. Right? So this is the priest saying, it's not your fault. It's not how you eat, it's not how you live. It's not how you see the world. You have to believe in me and I will give you the medicine called lithium and it will screw up your life. But at least you won't feel what you're trying to feel. That's called medicine.

Caspar ([00:39:39](#)):

Yeah. But again, the the power

Dr. Tom Cowan ([00:39:41](#)):

And it's a belief system.

Caspar ([00:39:43](#)):

Go ahead.

Dr. Tom Cowan ([00:39:44](#)):

Yeah. It's purely a belief system. You have to, it's get the holy, it's within that belief system have

Caspar ([00:39:50](#)):

Sacraments. So many people have, you know, trouble of getting out of their own way. And I, I do think that, you know, information can change even deep rooted belief systems, 'cause you even started a book about cancer and new biology and water and, and going into Ulrich Abel's information on, on what he found on chemotherapy. That it's basically useless in some ways. Yet it's the only thing that people believe will help them with cancer or told that. And so everyone goes that way. Even when you have so many cancer instances happening right now. So many people suffering and dying from basically the chemotherapy and not even the cancer. Right? And yet still the belief system is there. Do we combat the belief system with more understanding? Like you started that book to showcase that chemotherapy is basically not effective at all and harmful?

Dr. Tom Cowan ([00:40:43](#)):

Well, I mean, you, you have to make that case, right? Right. And you have to do it carefully and using proper logic, reasoning, and science. And so, you know, whenever I make a case that, you know, the cancer isn't what they say or viruses aren't what they say, you know, I, I go through the, the claim and falsify the claim, but 99% of the time that isn't gonna affect people. That is not going to change what they think because this is, they, we have been conditioned through very specific and I would say very clever techniques, most of them involving school. Yes. You know, school is the primary technique of keeping people from being educated. That is the purpose of school is to keep people from being educated and to follow orders. In fact, that's what the early originators of public schools said they were doing.

Dr. Tom Cowan ([00:41:49](#)):

Very clear. So it was, they're good at it, you know, they perfected how to do it. People erroneously think they're sending their children to be educated. And they do, of course learn a few things. You know, 'cause you gotta make a good story about it. But they're being, they're being indoctrinated in how not to think. And so then it becomes a psychological emotional problem. Because if you think differently, you get kicked out of the tribe, you're gonna be ostracized. You're gonna lose your job. Your wife will divorce you, you're gonna be broke. You're gonna, you know, not know who you are. You're gonna be realize that your life is up to you. That's the big thing you see. We're told you didn't do anything. You got cancer. It's just, it's in your genes. It's all chance. You got COVID. It's just the germs. Nevermind that.

Dr. Tom Cowan ([00:42:51](#)):

We can't show you the germ, just believe me. It's the germ. So you have to believe. And then if you believe you'll be saved. But a lot of people don't get saved. They actually get injured. Mm-Hmm. <affirmative>. And then they say, wait a minute, this isn't right. But unfortunately, a lot of people, you're gonna have to go through that process. You know, we've all been there, this doesn't work. And then you got two forks in the road, or you got a fork in the road. You can either go back and reevaluate the whole thing or you can add another layer to the story and say, well there's doing the best we can with the chemo. And you know, we've been at this for seven 70 years and a hundred trillion dollars and just do another a hundred trillion for another 40 years and we'll get this right 'cause we're gaining on it. You can believe that if you want, but you will probably suffer the consequences.

Caspar ([00:43:50](#)):

That's the definition of insanity. Correct? We're doing the same thing over and over, expecting a different outcome.

Dr. Tom Cowan ([00:43:56](#)):

Y yeah, but it's there, there are deep trauma-based psychological emotional reasons for this. And they know that. And that's why they it's all about fear and indoctrination and, you know, the, the consequences for thinking differently are high. And there's some of us who sort of didn't care. You know, I didn't what's so interesting to me is when I got into this, if there's a virus or not, I couldn't care less. There either is or there isn't. And I wanna see the evidence and I'll just go with the evidence. Because your highest capacity is the ability to think. If you're willing to give that up, <laugh>, you're screwed. You're screwed. Because then you're gonna make decisions based on being manipulated. And that's what happens.

Caspar ([00:45:01](#)):

Is that part of the, the, your journey and, and kind of what you are dedicating yourself to now to try and do that through curriculums? I know you're not practicing anymore, but you have the new biology curriculum. You, you are still very active in, in sharing this information. Is that what you're hoping is going to happen? That people will start to become free thinkers again?

Dr. Tom Cowan ([00:45:24](#)):

Well it's an interesting word. Hope. Do you, you know where hope came from? You ever hear the story of Pandora's box?

Caspar ([00:45:34](#)):

Sure.

Dr. Tom Cowan ([00:45:35](#)):

So there's this box with all the evils in the world. And the king told the daughter not to open it, but he went away and she opened the box and greed and lust. And, you know, all these things came out. And then she shut it. And the, the, the thing that was left in the box was hope.

Dr. Tom Cowan ([00:45:55](#)):

Now there's two interpretations of that. One is hope is another one of those evils. And she happened to shut it in, or they put hope in there to give mankind hope, with all the evils. I tend to think it's the first. Hope is an evil. Because here's what happens. Like, you, you moved, you go, you like, it happened to us. You moved to, we lived on a street in San Francisco. They said they're gonna put a 5G tower right next to our house. So we hoped that they wouldn't do that. Sure enough, they did it. 'Cause I didn't do anything about it. I'm not sure what I could have done about it, but I didn't like take a chainsaw and, and saw the thing or blow it up, or I didn't do anything. Like, don't anybody accuse me of that. 'cause they, I didn't do it.

Dr. Tom Cowan ([00:46:50](#)):

They put it in and then we moved. And some of the biggest charlatans in the world, I can think of the hope and change guy who sold the world on hope. 'Cause he knew he wasn't gonna change anything. So hope paralyzes people, right? I'm hoping for the best. Whereas you're better off, I'm gonna do something about this. I'm gonna see the issue. I'm gonna do it. So I am not hoping for anything. What I, what we did is we said, okay, when you go to, you have to understand anybody listening, when you go to a doctor, they're treating you based on theories, right? They're treating you based on the germ theory, the oncogene theory, the neurotransmitter theory. And I would say if you really look, most of these theories or hypotheses have been disproven. So think about that. You're going to somebody who believes in disproven hypotheses.

Dr. Tom Cowan ([00:48:01](#)):

And that's the, that's why he gives you an antiviral or an an a vaccine or an antibiotic because he thinks that somehow bacteria cause disease, even though there's not a single study that actually demonstrates that. So we decided, okay, we're gonna make this clinic. It's an online clinic called the New Biology Clinic. And we're not gonna treat people based on theories. We're gonna treat people based on reality and how the body works. So, in other words, and everybody has a story. Guy comes in, says, my foot hurts. When did it start? Three weeks ago. What happened? My wife decided every morning to bang me with a hammer on my foot first thing in the morning. Where did she do that? Right there. Is that where it hurts? Yes. What do you think happened here, doc? Well, I think it's, I don't know why she's doing this.

Dr. Tom Cowan ([00:48:58](#)):

We might wanna try to investigate that. I think you have trauma to your foot from repetitive injury from the hammer. Not tendonitis, arthritis, you know, Guillain-Barre syndrome. You have a specific situation. Here's another one. Guy comes in, I've been paralyzed for 10 years. What happened? Well, I was fine. You know, I was captain of the soccer team and, and working my dad's machine shop 12. I was 12. My mother took me, I got a flu shot, week later, couldn't move my arm, my legs. What hap you know what, what happened since then? I, you know, I'm a little better. But I went to six neurologists. I asked them, did it have anything to do with the flu shot? They said no. Even though it says right in the package insert of the flu shot, one of the side effects or repercussions is paralysis. They call it Guillain-Barre syndrome.

Dr. Tom Cowan ([00:49:58](#)):

Now, that person's paralysis is from a very specific reason. It's, there's no theory here. He got poisoned by something in that shot caused him to be paralyzed. Now the next person who's paralyzed maybe because they don't eat right, or because they have emotional reasons, or because they got into some toxic dump, or they ate DDT, which is a neurotoxin. So there is no, that's what I mean by you are not treating theories. We're treating what is your story? What happened to you? I've had people with, they say, you know, how do you treat Alzheimer's disease? Or, or Tom, how can you tell me that Alzheimer's disease is a therapeutic response? Right? That your body's healing. So I say to them, if somebody stuck you in a nursing home with a bunch of drooling people and nobody came to visit you, and you had horrible food and they were injecting you with all this poison, your response might be to dissociate and go off into a fantasy world.

Caspar ([00:51:13](#)):

Mm-Hmm. <Affirmative>.

Dr. Tom Cowan ([00:51:14](#)):

Right? Sure. That is a brilliant response. So if you don't want that person to do that, put him in, in a, in a home where he is got life and friends and family and good food, and then it gets better. There's no Alzheimer's disease. There's a very incredible wisdom filled body response. And it's the same with everything. So that's how we uncover what happened to you. Why does this story make sense? I used to ask that with every patient I saw. If I was this person's body, why would I do this?

Caspar ([00:51:56](#)):

Right?

Dr. Tom Cowan ([00:51:57](#)):

Why would I cause inflammation of the knee? Well, because I ate too many calcium supplements and I got calcium deposited in my knee. And the only way to dissolve that is to heat the knee up and dissolve the calcium. You don't have arthritis <laugh>. No. You don't need a knee replacement. You need to

accentuate the inflammation. So it does its job and then it stop taking calcium supplements and it goes away.

Caspar ([00:52:30](#)):

Yeah. Me, that's what, yeah. Medicine as a whole seems to be that they're telling you the body is stupid. Whereas if they changed it to, you have an incredibly intelligent self-healing mechanism within you. This is for a reason. And we have to understand that. And it's not stupid at all. It's not broken. It's not stupid. These symptoms are ringing a bell. They're, they're there for your best intentions. Yes. If you just change that one little principle, even in medicine, that's

Dr. Tom Cowan ([00:53:00](#)):

Everything.

Caspar ([00:53:01](#)):

That's everything. Right? That's

Dr. Tom Cowan ([00:53:02](#)):

Every, that's the psyop right there. Yeah. You have a stupid body and you're a victim. We have a whole

Caspar ([00:53:09](#)):

Culture. It's not your fault anyway, but it's stupid. It's all genetic and it's already set stupid.

Dr. Tom Cowan ([00:53:14](#)):

You know, nothing makes sense. You know, and this also you cannot underestimate in physics now, there's a whole school of physics, I think they call it the Copenhagen School, where after they look into it and look into it, they say, well, it turns out that the laws of on this mo you know, this quantum scale are not logical. They're not sensible. They're not rational. The universe, it works on irrational principles. Like thank you very much. Why are we doing science then?

Caspar ([00:53:57](#)):

<Laugh>

Dr. Tom Cowan ([00:53:59](#)):

That's what they think that, and they

Caspar ([00:54:02](#)):

Tell you to trust the science right? Over and over and

Dr. Tom Cowan ([00:54:05](#)):

Over. Yeah. So things are at the same place, the same time, two different places. You got things that are, they, they, it depends whether you look at 'em, whether they're a particle or a wave. Have you ever seen anything that looks different depending on whether you look at it or not? No. And yet people spout out about, well I have this quantum healing thing, <laugh>, they don't even know where you do believe

Caspar ([00:54:35](#)):

In energy medicine. Right. Let's, because you write about it in the books and everything. It's not

Dr. Tom Cowan ([00:54:39](#)):

Yeah. It's not quantum there. Right. We are, we live in an electromagnetic field. Yes. Obviously the, the, the whole idea of physical substance is unproven hypothesis. You know, there's something that seems solid, you know, but it, it seems to be something like frozen energy fields. It's not a nuclear atom, by the way. That also means there's no nuclear weapons. They just made that up to scare the out of people. Make you hide under your desk and give lots of money and think, oh, someday they're gonna blow us all off <laugh>. It's just, it's this fear-based psychological manipulation. And you can prove that, you know, and you can go back to the original thing we're talking about, fission of the tiniest particle creating unbelievable, explosive power. Never been done. And if somebody doesn't believe me, there's some really good books on this that go through the entire history and all the tests and Hiroshima and Nagasaki and why those happened, how they happened. And they've been, they've been bamboozling us with that for 70 years. So, you know, at the end of the day, there's a guy named William Casey, right? He's head of the CIA famous quote, when our disinformation program is finished. Everything. And he emphasized everything the American people believe will be false.

Caspar ([00:56:29](#)):

Hmm.

Dr. Tom Cowan ([00:56:30](#)):

So if you believe something and you don't know how it came about, it's likely that it's false. 'Cause that was the game. And so your responsibility, people listening is to, if somebody says, how do you know there's a virus? You know the steps. How do you know there's nuclear weapons? You know, the steps of nuclear fission. How do you know DNA's a a double helix? You know where that came from. Then you can actually decide whether it's reasonable or not.

Caspar ([00:57:07](#)):

There's a big part of that also play in at all that so many people have lost any sense of an intuition of a, of a kind of, you know, feeling, taking information and being able to kind of decipher what David Hawkins called truth or falsehood, you know, that, that sort of understanding. But as we lose a sense of intuition in the world, we can't decipher that ourselves. It's almost like, you know, we're just hand fed things and we believe it to believe it.

Dr. Tom Cowan ([00:57:34](#)):

Yes. And that brings up one of my favorite authors in quotes. Guy named Ivan Illich. I don't know if you know him. No, no. You haven't read Ivan Illich. You haven't lived. Hmm. He was the, he wrote a book called Deschooling Society and Medical Nemesis and predicted all kinds of things that have come true. But he said, and this comes, how did this come about? Mostly because of school. He said, the purpose of school is, or what happens in school is people who do do well in school, get the dubious privilege of being allowed to consume more school until they've consumed so much school that the only people left they can talk to are people who've consumed a similar amount of school.

Caspar ([00:58:27](#)):

That's that's very true.

Dr. Tom Cowan ([00:58:27](#)):

That's virology in a nutshell. That's nuclear physics in a nutshell. That's geneticists in a, they can't talk to anybody 'cause it's all just, you know, scientific gobbledygook and they can't explain it to people. And

that's because they've been schooled into seeing the world in this one way. And then there's no intuition because you can't Right. You, you can't see the world through unbiased eyes.

Caspar ([00:59:03](#)):

I know some of the solutions you have for this, or at least you, you post on this, is the, the return to nature, number one, the return to a more natural type of living outdoors, more connected with our surroundings that are truly natural. But you have some other interesting solutions in your books. Two of them, I i, I saw even one of your website was a spagyric remedy. I've studied spagyric quite a bit, and anthrop work with Steiner as well as something oremus. Could you go into those two 'cause I feel like a lot of the other solutions made, but those are uncommon. But yet I know you wrote about them and they can be quite powerful.

Dr. Tom Cowan ([00:59:42](#)):

I mean, so we're, we're, you know, there turns out the good news or the bad news is we're in a time of sort of low ebb of understanding nature and understanding reality. This, I don't think it can get much lower than this.

Caspar ([01:00:01](#)):

Yeah.

Dr. Tom Cowan ([01:00:02](#)):

The good. And so there's like nobody who really can help you figure out what's real. That's why the best approach is figuring out what's not real. But it turns out the good news is there have been people and cultures and civilizations who knew exactly how the world works. And they did a lot of things. And they created scientific systems and buildings and architecture and all kinds of things that cue us in. And some of them are these things you're talking about, like the alchemists and spagyric medicines. And they, they knew how to essentially work with substance to unlock the energy potential out of it. And we don't know. We don't have a clue how to do that. So therefore, you know, they could, I, as far as I can see, if you had a broken bone, they could use tones and certain musical intervals to actually get rapid, a thorough, effective healing of your bones, because the bones are essentially frozen music now.

Dr. Tom Cowan ([01:01:18](#)):

So that exists. But the problem is we don't know how to do that now. So you go to somebody and say, can you fix my bone by the right tone? I, I don't even know what a tone is. But, so those of us who are doing this are re-looking at spagyric medicines and monoatomic medicines and oramus stuff and sound healing and tuning fork healing and crystal balls and homeopathy and herbs and, and you know, the energy healing of putting in organ in a, in a acoustic resonating device, mislabeled a cathedral and, and generating healing energy for the whole community. These things exist. We just forgot. So we don't have to reinvent the wheel. Chinese medicine, they invented the wheel. Ayurvedic medicine, they got, they had it figured out. But even the practitioners of those don't know what they're doing. They believe in diagnostics, say this point for Hep C, you know, it's nonsense. Yeah. So once we understand the system we're working with, including the things you said, they're not unique. Really. They're just part of the old way of understanding reality, which is way more accurate than what we have now.

Caspar ([01:02:45](#)):

Right. And yet we scoff at the ancient kind of principles and Right. Put it off as woo woo and unscientific. Right.



Dr. Tom Cowan ([01:02:53](#)):

It's actually much more scientific. In fact, I'm to the point where you, if I'm evaluating biology or medicine, I am not interested in anything except here's an intervention with a free living intact group of say animals. In other words, if I wanna see what feeding dandelions does for rabbits, I would have a group of free living rabbits. One of them I would give dandelion roots and the other I wouldn't. And I would see how they did. I'm not dissecting the dandelion, dissecting the rabbit, putting them in cages, injecting dandelion extract into them, none of that stuff. All that stuff is irrelevant as far as actually studying the study of life. Mm-Hmm. <Affirmative>, which is what biology is meant to be. How do living things interact with the natural world? Those are the only, that's the only science there is anymore. Yeah. And that's how Chinese medicine, you know, if I take a person, I put a needle here at what happens if I put it here, what happens? He didn't dissect anybody. Right.

Caspar ([01:04:10](#)):

And that's, that's kind of where we need to get back to. I feel like in medicine Yes. And health. If, if we want a chance to turn things around for what's happening in our society, getting sicker and sicker. Tom, you, you've written a number of books the Contagion Myth, Human Heart, cosmic Heart, great Books. Do you have any others that, that you wanna write? Or are you in the process of in the future?

Dr. Tom Cowan ([01:04:33](#)):

I have one coming out soon, which I actually wrote before 2020, which got rejected by the publisher. And then it got picked up again by a different publisher, which it was called How to Raise Toxic, how to Raise Healthy Children in a Toxic World. Mm. But they may change the title and it's basically a diatribe against school and how to approach communicating with children in a healthy way so that they grow up to be free adults. And then at some point I may write a new biology <laugh> treatise and really go after the, it's the, it's the thinking problem that's the problem here. Hmm. And how do we know things and how, how does a scientist think? And we'll see. I, I don't know if I'm gonna do that or not.

Caspar ([01:05:36](#)):

Well, I think it's incredibly important. I was just speaking with my friend Dr. Lawrence Palevsky, and of course he, he's very big on children's health and, you know, the idea that children are just being raised not to think number one for themselves and not to communicate properly. And that's incredibly detrimental to health in the long term. And if you can't have healthy children, what does the next generation look like after that? You're

Dr. Tom Cowan ([01:06:00](#)):

Gonna be, yeah. It's not going in a good direction here.

Caspar ([01:06:02](#)):

No. And it's, it's accelerating in the wrong way with social media and everything else that children are just, you know, thrust into that they shouldn't be and not developing the brains properly. And then it's, it's, it's a, it's a huge crisis. So I would say please put that book out if you can. No,

Dr. Tom Cowan ([01:06:18](#)):

That book is definitely coming out soon. Good. second one. I don't know.

Caspar ([01:06:22](#)):

Yeah. Well, I, I hope you keep putting it out there and I hope you keep sharing this because it's incredibly important. Some people at first when they hear it you know, it may shock them to their bones, but that's, that's probably a good thing. Right. Good. That, that'll a good thing. Get you to start thinking differently.

Dr. Tom Cowan ([01:06:38](#)):

Yeah. I'll never worry about that.

Caspar ([01:06:44](#)):

Yeah. Please keep doing it. We appreciate it. And all right, thank you very much for sharing this. And then I, I hope we can continue the conversation and we go in the right direction from here 'cause we need to

Dr. Tom Cowan ([01:06:57](#)):

All right. Thanks for having me.

Caspar ([01:06:59](#)):

Before you go, where, where can people learn more about you? Where, where can we send them to? Mostly

Dr. Tom Cowan ([01:07:03](#)):

DrTomCowen.com.

Caspar ([01:07:06](#)):

Okay. So head over and

Dr. Tom Cowan ([01:07:07](#)):

They can find the new biology clinic. I think there's a NewBiologyClinic.com website too, but I'm not sure about that. I, I'm not that.

Caspar ([01:07:17](#)):

We'll, we'll put all the links you have up on this with this so everyone can learn more and check that out. Again, Tom, thank you so much for coming on.

Dr. Tom Cowan ([01:07:26](#)):

Okay. Take care.

Caspar ([01:07:28](#)):

Take care. And be sure to visit DrTomCowen.com for more information. And until next time, continue writing your own healing story.