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Science & Commerce of Fear

H.M.P.V.

Pandemic-**L**aunched

Dr. Biswaroop Roy Chowdhury

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DEDICATION

Dedicated to my angel daughter Ivy,

loving wife Neerja

&

caring parents

Shri Bikash Roy Chowdhury

Shrimati Lila Roy Chowdhury

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Section-I

H.M.P.V. (Virus)

Testing the Test Kit

H.M.P.V. PLandemic-Launched

This New Year 2025 started with the entry of HMPV, projected as a new demon by the propaganda media. All over the media, scary scenes imported from China, with dramatic music in the background, were shown.

It is a clear reminder of the horror created by the media around the same time 4 years ago. Now, there is no change in the script—only the name changed from corona to HMPV, and the focus shifted from elderly people to infants and children. By January 16, 2025, at the time of writing this chapter, a total of 16 HMPV-positive cases had been reported by the propaganda media.

Here, it's important to remember that on March 24, 2020, the Government of India announced a lockdown, citing the reasoning that 519 positive cases of COVID-19 had been detected in the entire country and presented it to the propaganda media as an alarming situation.

That lockdown costed lives and livelihoods. The poor became poorer, and a handful of people became extraordinarily rich. The greatest-ever economic gap occurred as a result of the lockdown.

With the intention to prevent another lockdown and unnecessary panic among the gullible public in the name

Section-I: H.M.P.V. (Virus)

H.M.P. Virus Test Kit Box

MRP: Rs. 75,000/- (50 test)



30 Samples collected from India Book of Records office, Faridabad on 15th January, 2025 at 4:30 pm



H.M.P.V. PLandemic-Launched

of increasing the count of HMPV-positive cases, I decided to conduct an experiment to expose the truth behind the HMPV test.

I bought an RTPCR Test Kit for detecting HMPV for 50 samples for Rs. 75,000.

On January 15, 2025, an authorized lab sample collection team was called to collect 30 samples from the asymptomatic and healthy work staff of my company. On January 16, 2025, I submitted 20 more test samples to the lab—10 samples from dogs and 10 repeat samples from one human.

On January 16, the RTPCR lab ran the 50 samples (30 human, 10 dog, 10 repeat of one human) for the HMPV RTPCR test. The results were as follows:

- 6 human samples tested positive for HMPV (including one of the 10 samples of the same individual that tested HMPV-positive).
- 1 dog sample tested positive for HMPV.

An eye-opening conclusion from the above experiment is:

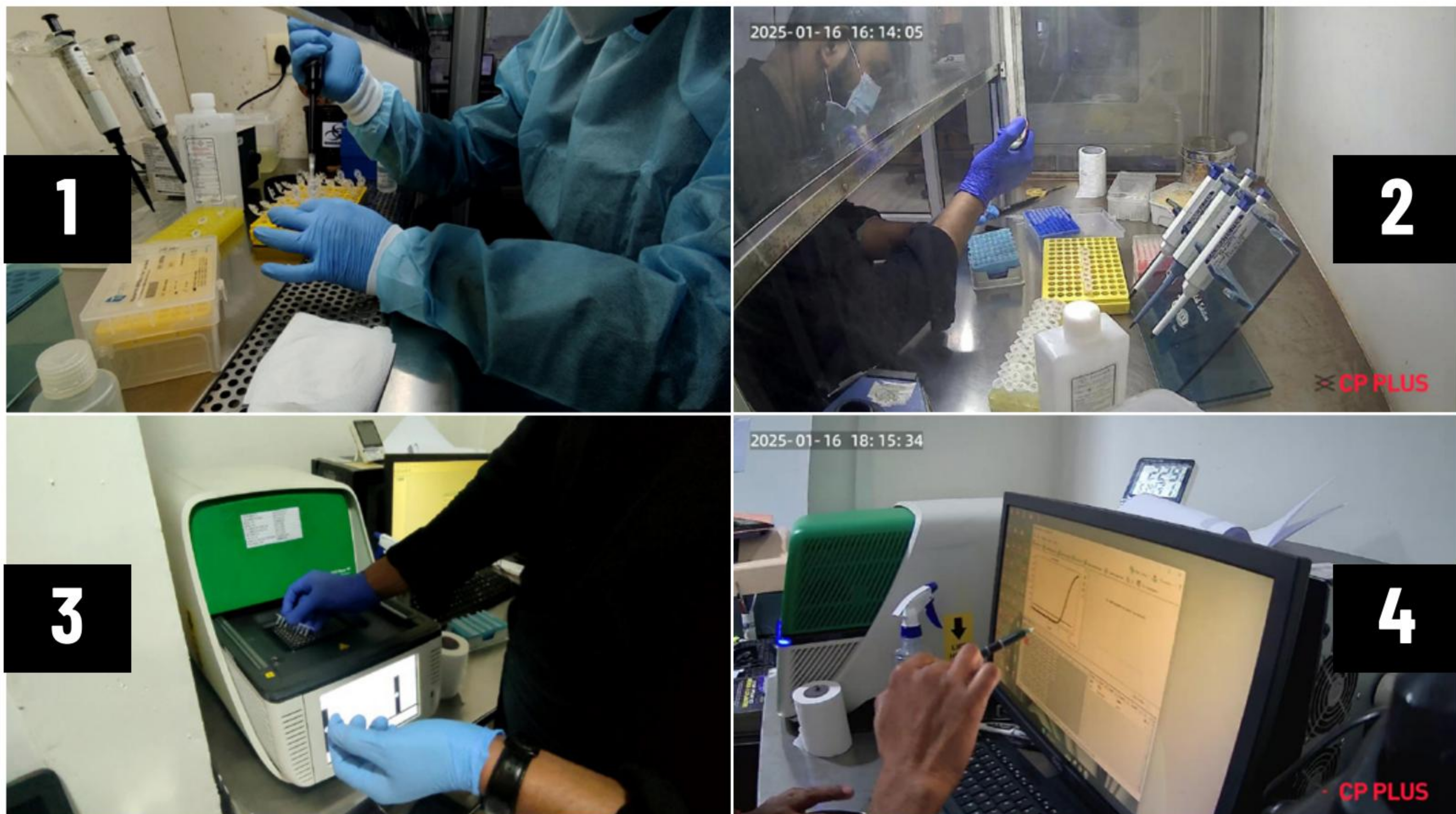
1. On average, around 10% of humans will test positive for HMPV, irrespective of their health status.
2. HMPV is commonly present in animals.

Section-I: H.M.P.V. (Virus)

**10 dog samples and 10 human samples collected on
16th January, 2025**



RT-PCR test for H.M.P. Virus conducted in the lab



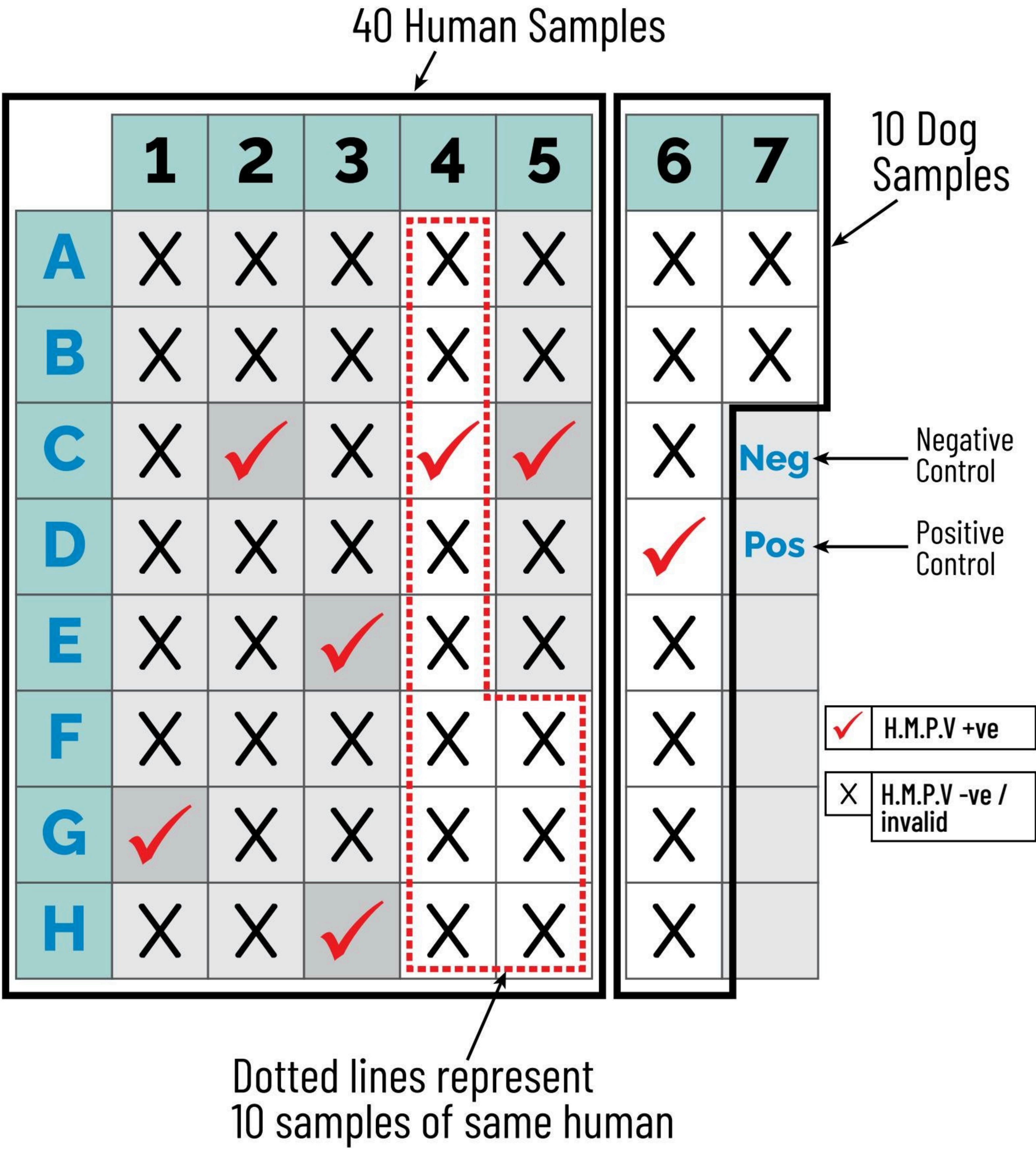
H.M.P.V. PLandemic-Launched

3. If the same individual is tested several times for HMPV, the results will be inconsistent.

The conclusion from my experiment is consistent with the results of the studies given below:

4. Walsh EE, Peterson DR, Falsey AR. Human metapneumovirus infections in adults: another piece of the puzzle. Arch Intern Med. 2008 Dec 8;168(22):2489-96.
5. Kathryn M. Edwards, Yuwei Zhu, Marie R. Griffin, Geoffrey A. Weinberg, Caroline B. Hall, Peter G. Szilagyi, Mary A. Staat, Marika Iwane, Mila M. Prill, John V. Williams; Burden of Human Metapneumovirus Infection in Young Children. 2013. New England Journal of Medicine. 633-643. 368. 7
6. Robert Schlaberg, Krista Queen, Keith Simmon, Keith Tardif, Chris Stockmann, Steven Flygare, Brett Kennedy, Karl Voelkerding, Anna Bramley, Jing Zhang, Karen Eilbeck, Mark Yandell, Seema Jain, Andrew T. Pavia, Suxiang Tong, Krow Ampofo, Viral Pathogen Detection by Metagenomics and Pan-Viral Group Polymerase Chain Reaction in Children With Pneumonia Lacking Identifiable Etiology, The Journal of Infectious Diseases, Volume 215, Issue 9, 1 May 2017, Pages 1407–1415,

Our H.M.P. Virus test result on 16th January, 2025



H.M.P.V. PLandemic-Launched

7. Williams JV, Harris PA, Tollefson SJ, Halburnt-Rush LL, Pingsterhaus JM, Edwards KM, Wright PF, Crowe JE Jr. Human metapneumovirus and lower respiratory tract disease in otherwise healthy infants and children. N Engl J Med. 2004 Jan 29;350(5):443-50.

With the above findings and conclusions, it should now be convincing that counting the cases of HMPV-positive individuals has nothing to do with your health. Making the increased number of cases the basis for a lockdown or restrictions, or even considering it a newsworthy item, is not only irrational and misleading but also a clear-cut deception by the Government-Media-Pharma nexus.

Further you have to understand that, as proven by the below given evidences, at any point of time 100% of the humanity is H.M.P.V. – Antibody / Antigen +ve. (*Note: Above H.M.P.V. – RTPCR test was antigen test with 7 positive cases meaning rest will be H.M.P.V. Antibody +ve*)

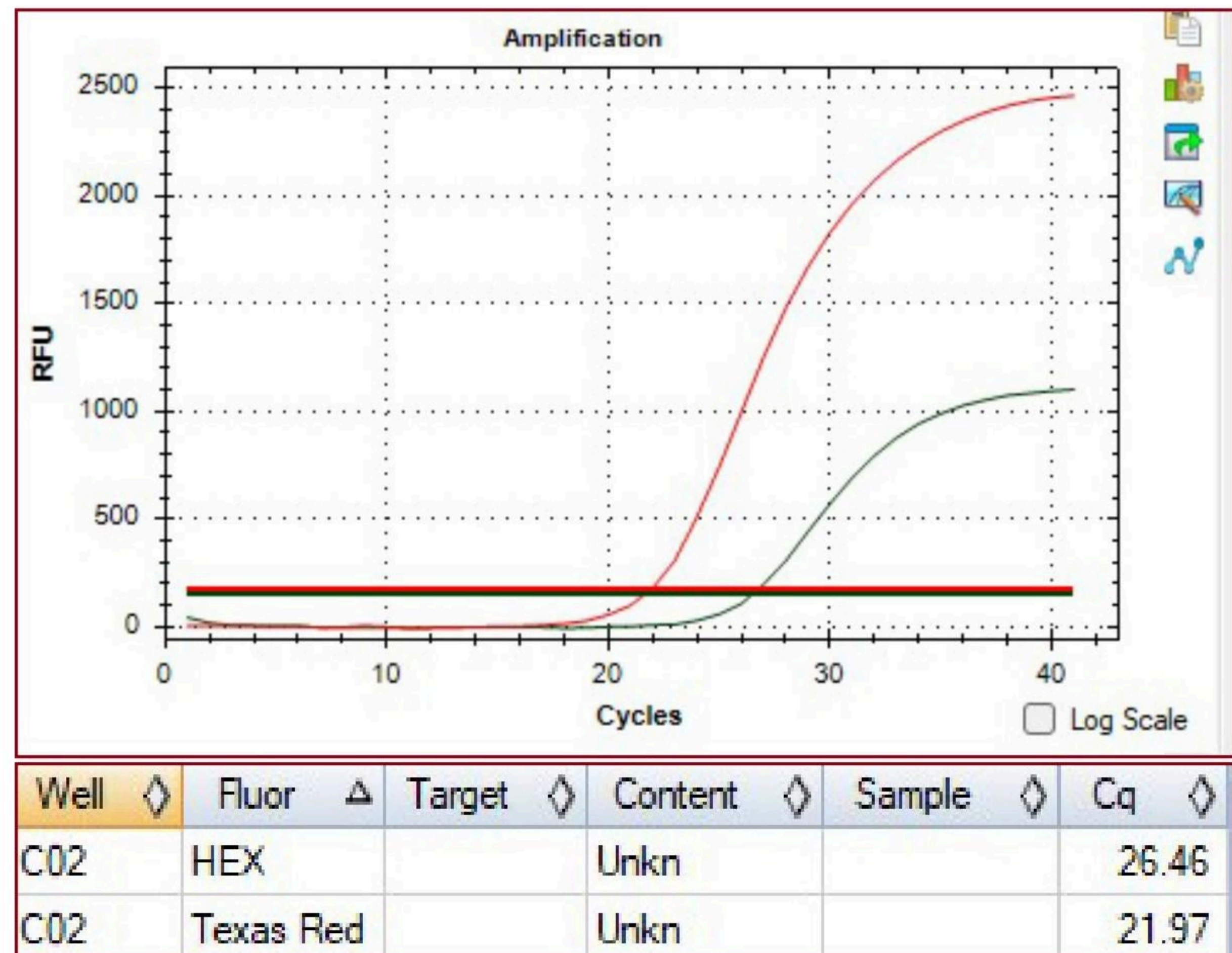
1. A study published in the Journal of Infectious Diseases (van den Hoogen et al., 2001) demonstrated that seroprevalence for HMPV antibodies reaches nearly 100% by early adulthood, indicating that most people encounter the virus during childhood.

Section-I: H.M.P.V. (Virus)

Following are the graph of the human specimen showing H.M.P.V. +ve.

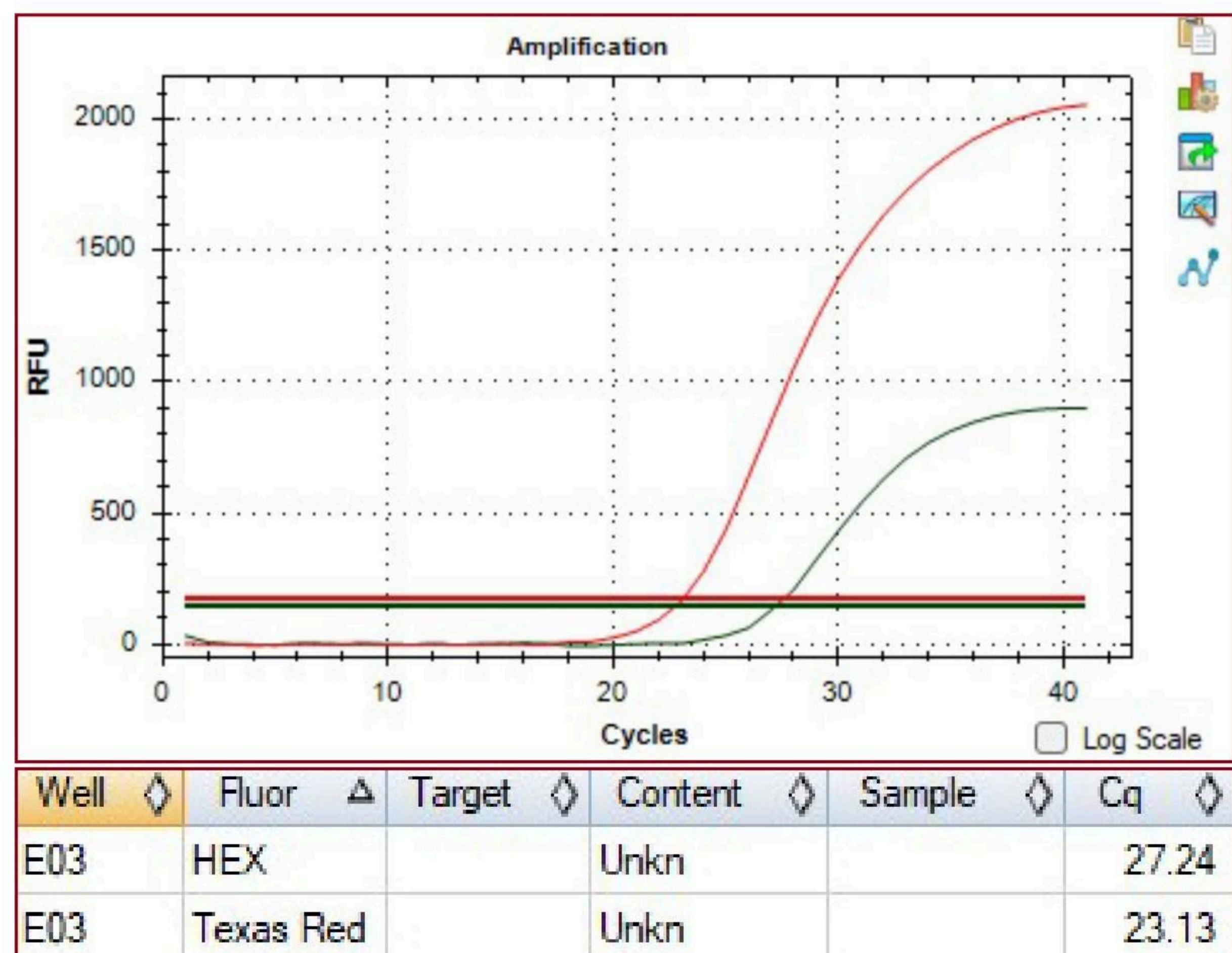
Human 1

C-2



Human 2

E-3



H.M.P.V. PLandemic-Launched

2. van den Hoogen BG, de Jong JC, Groen J, et al. A newly discovered human pneumovirus isolated from young children with respiratory tract disease. Nat Med. 2001 Jun. 7(6):719- 24.
3. Leung J, Esper F, Weibel C, Kahn JS. Seroepidemiology of human metapneumovirus (hMPV) on the basis of a novel enzyme-linked immunosorbent assay utilizing hMPV fusion protein expressed in recombinant vesicular stomatitis virus. J Clin Microbiol. 2005 Mar. 43(3):1213-9.
4. Ebihara T, Endo R, Kikuta H, Ishiguro N, Yoshioka M, Ma X, et al. Seroprevalence of human metapneumovirus in Japan. J Med Virol. 2003 Jun. 70(2):281-3.

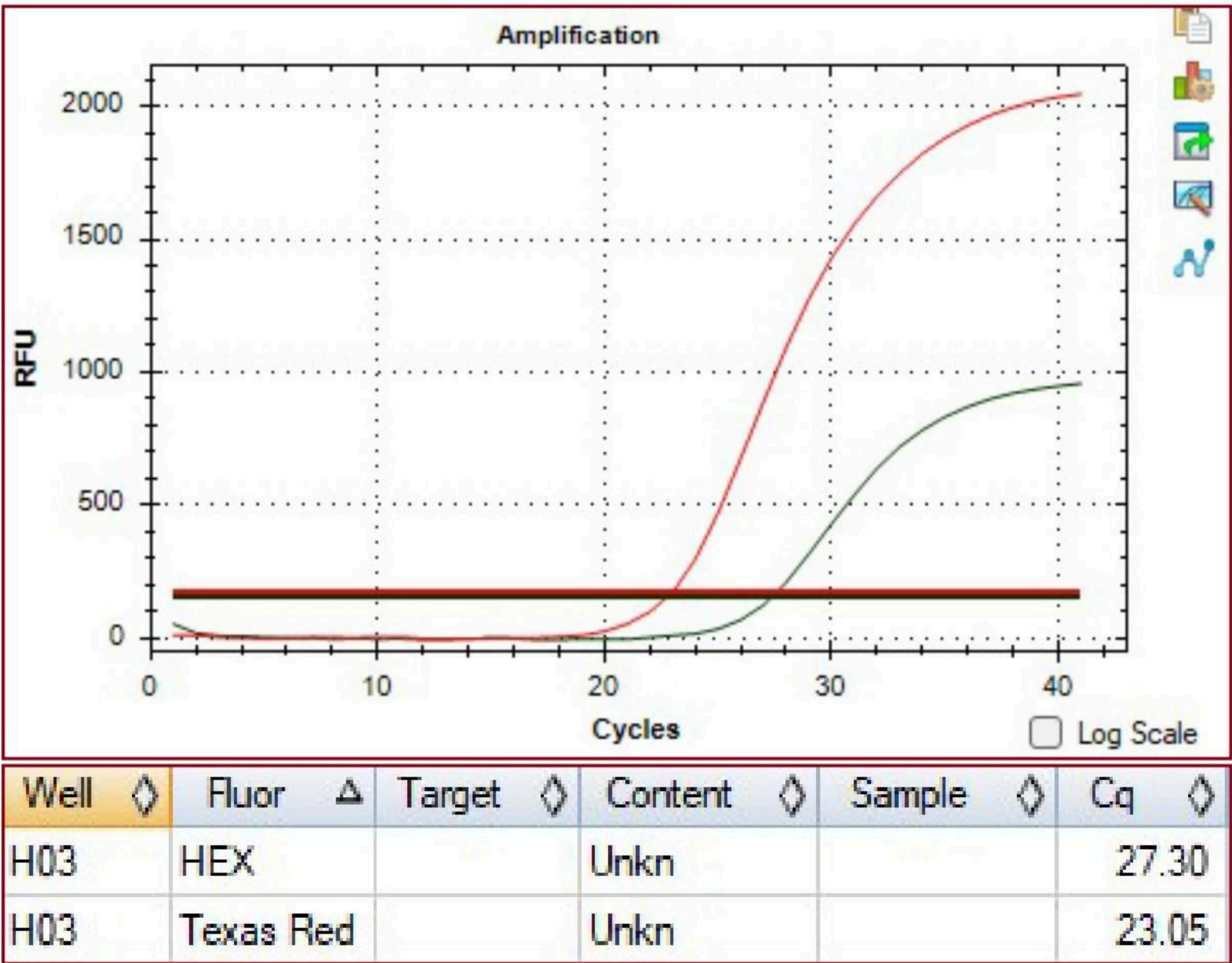
After reading the above explanation, do you think people will believe in the fear of HMPV being propagated by television channels?

May be yes, may be no. To understand the answer to this question, you need to understand a theory of psychology called the "Illusion of Truth Effect".

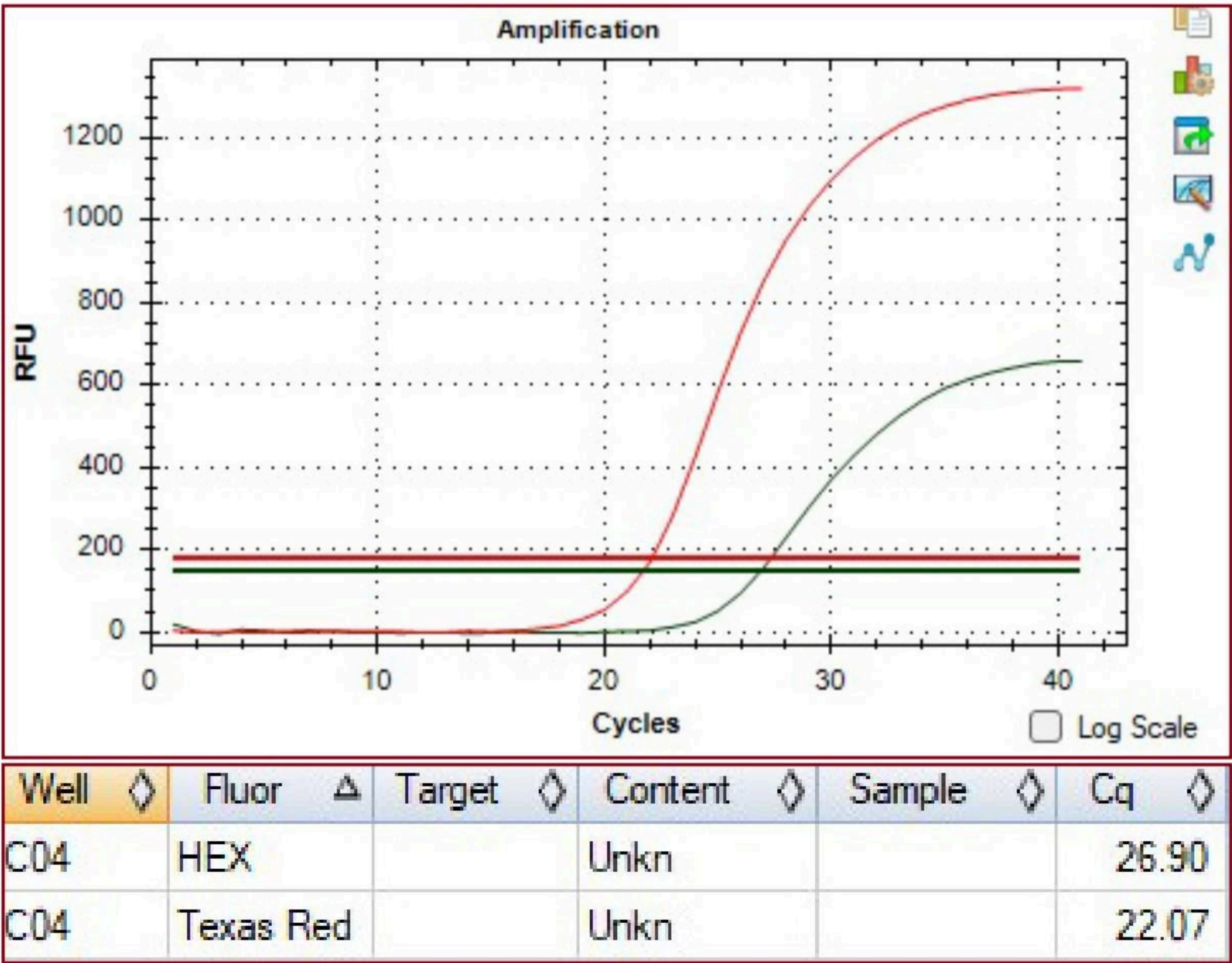
You must have told a lie at some point in your life and must have been caught. How do you tell a lie so that you are not caught? To discuss this science of lie, first, we will talk about the proponent or the inventor of this science,

Section-I: H.M.P.V. (Virus)

Human 3
H-3



Human 4
C-4
(repeat)



H.M.P.V. PLandemic-Launched

Joseph Goebbels, who introduced this idea in 1933. He said, "If you tell a lie big enough and keep repeating it, people will eventually come to believe it." Joseph Goebbels was appointed the Minister of Propaganda by Hitler in 1933. After this, all media—radio, newspapers, and films—came under his direct control. Hitler was so influenced by him that he wrote in his will that Goebbels would be the Chancellor of Germany after him. After Hitler's suicide, Goebbels indeed became the next Chancellor of Germany for a day, but the next day, he also committed suicide along with his family. The discovery by Goebbels was researched in 1977. In psychology, it is called the "Illusion of Truth Effect," and it is very simple: if you tell a lie repeatedly, even if it has no logic, it will appear to be the truth to people.



**If you tell a lie big enough and keep repeating it,
people will eventually come to believe it.**

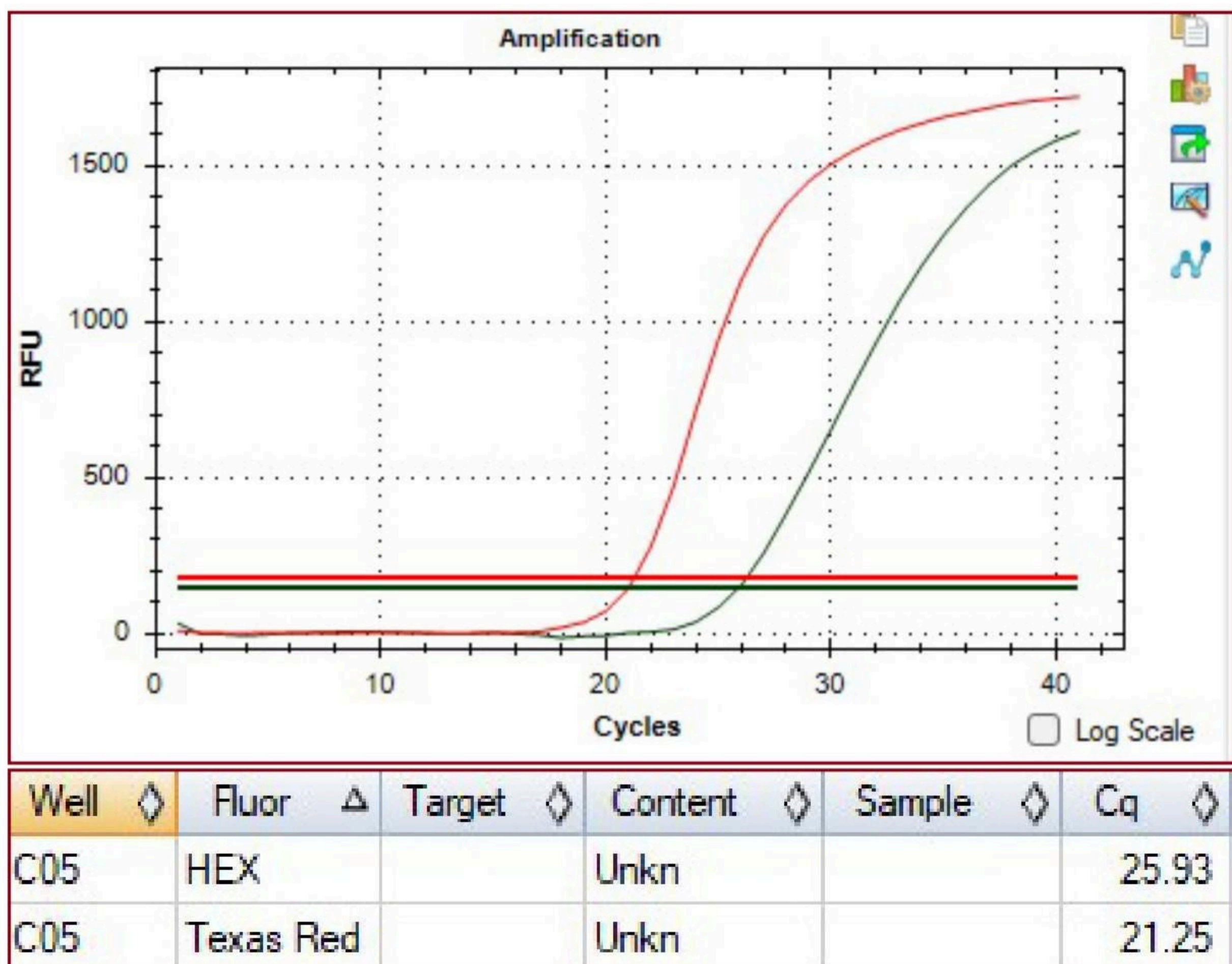
(Joseph Goebbels)

In the past 35-40 years, numerous studies have been done on this. It has been repeated again and again, and it has been found that if you tell a big lie and say it many times,

Section-I: H.M.P.V. (Virus)

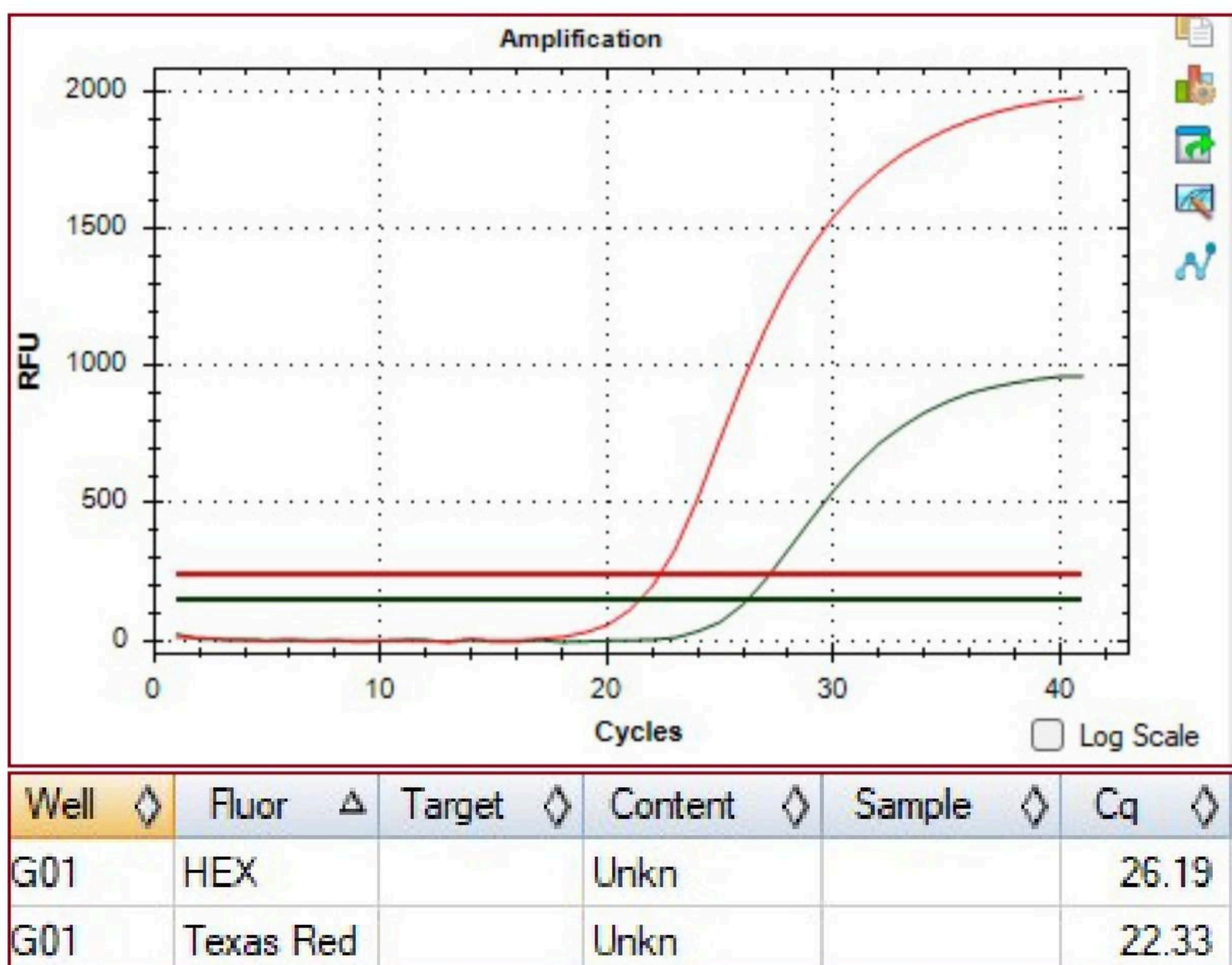
Human 5

C-5



Human 6

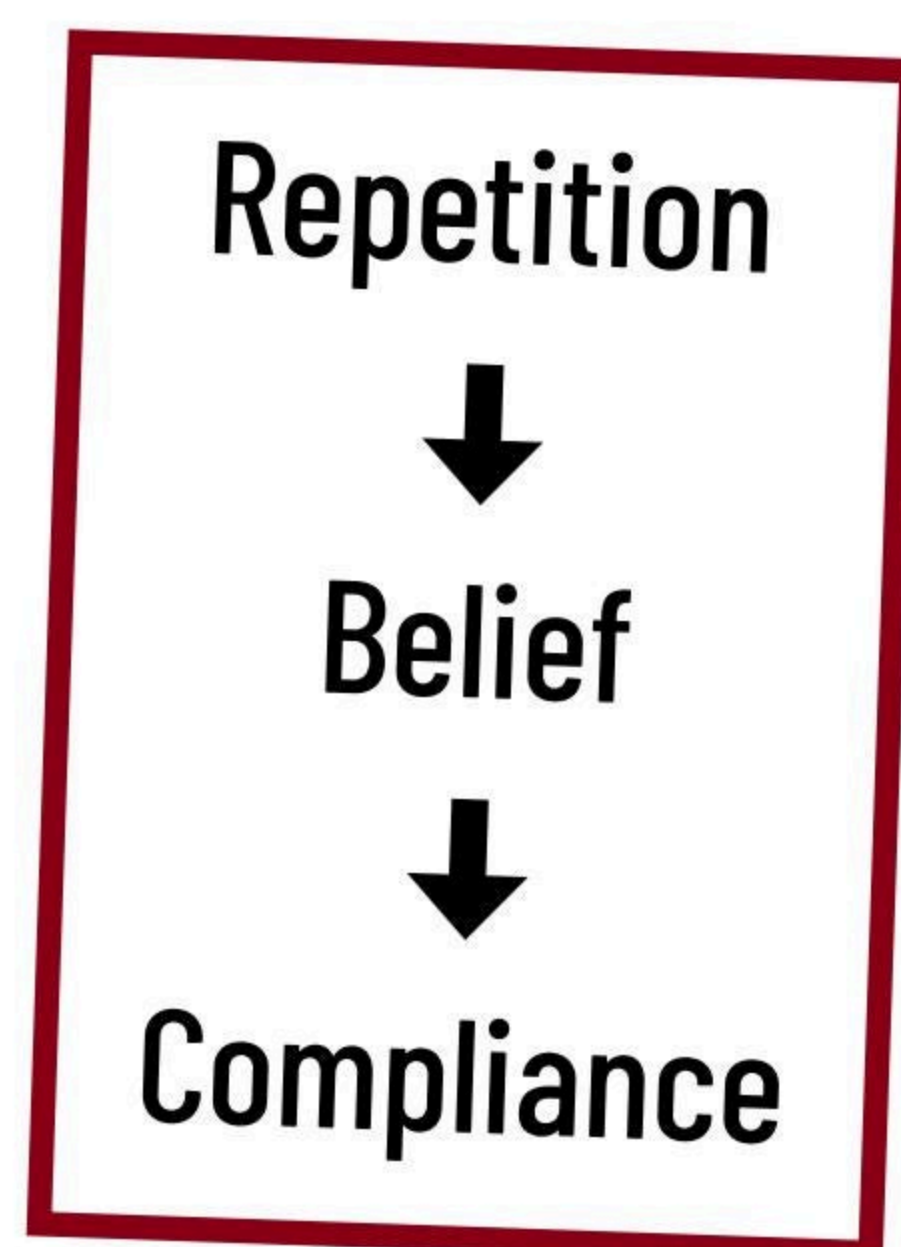
G-1



H.M.P.V. PLandemic-Launched

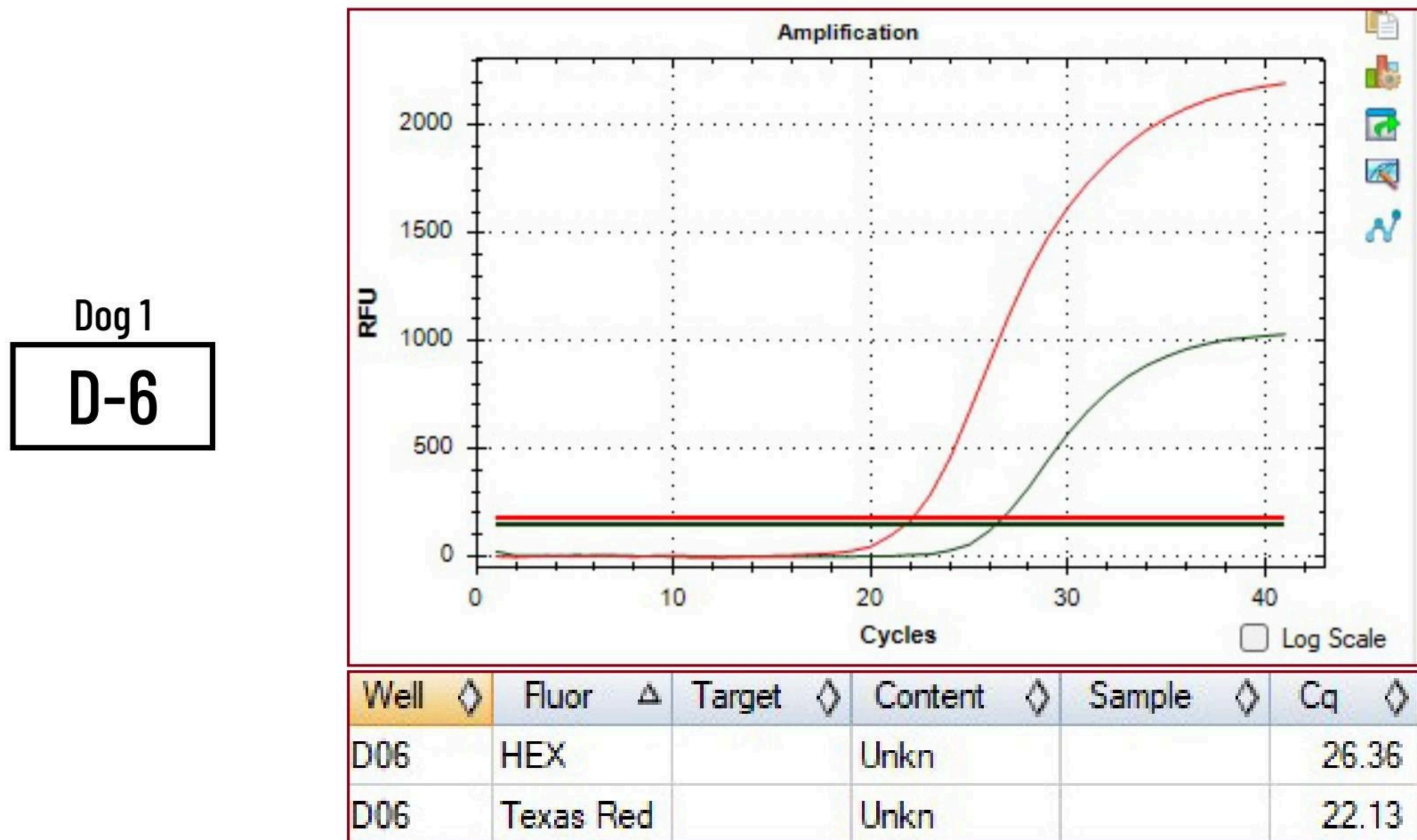
eventually people will believe it. For example, if propaganda media conspire to show you that aliens are coming to loot you. No one may believe it in the beginning, but if it is shown again and again through television or propaganda media, after a while, people will start believing it.

Then, using that belief, propaganda media may announce, "If you don't want the aliens to come and loot you, stay at home." People will believe it. That is, people will comply only when they are scared, and they will be scared only when they are convinced by an idea. Further, as a part of the plan, media may announce that we will spread certain percentage of your tax money to do a ritual to prevent the aliens from coming to earth. And finally, as per the pre-decided script media will announce, "There is no threat of aliens anymore." This is called the Illusion of Truth Effect. Those who have even a little doubt about the Illusion of Truth Effect should read the research papers given below:



1. Lynn Hasher, David Goldstein, Thomas Toppino, Frequency and the conference of referential validity, Journal of Verbal Learning and Verbal Behavior, Volume 16, Issue 1, 1977, Pages 107-112,

The group of dogs specimen sharing H.M.P.V. +ve



(For full video recording of the entire H.M.P.V. testing, go to www.biswaroop.com/hmpvtest)

- Fazio LK, Brashier NM, Payne BK, Marsh EJ. Knowledge does not protect against illusory truth. J Exp Psychol Gen. 2015 Oct;144(5):993-1002
- Polage, Danielle. (2012). Making up History: False Memories of Fake News Stories. Europe's Journal of Psychology. 8. 245-250. 10.5964/ejop.v8i2.456.

H.M.P.V. PLandemic-Launched

4. Koland, C.A. (1999), Repeating is believing: An investigation of the illusory truth effect Dissertation Abstracts Internacionet, 60(4-8), pp. 1879. (JAM) No. 9927617)
5. Dechêne, Alice & Stahl, Christoph & Hansen, Jochim & Wänke, Michaela. (2009). The Truth About the Truth: A Meta-Analytic Review of the Truth Effect. Personality and social psychology review : an official journal of the Society for Personality and Social Psychology, Inc. 14. 238-57. 10.1177/1088868309352251.

Now, let's discuss the HMPV virus. Through the illusion of truth, without presenting any concrete evidence, the media has been repeatedly claiming that cases of HMPV have been detected in Mumbai, Bangalore, and Hyderabad. By constantly reiterating these claims, a point will eventually come when people start believing them, and at that moment, those who have been misled can be easily exploited. We've seen this before. Do you remember when we were instructed to beat thalis, clap our hands, and turn on the lights to make the corona virus go away? If we don't take action and raise mass awareness about such tactics, history is bound to repeat itself. I hope that the HMPV test experiment shared in this chapter serves as an eye-opener for everyone.

Section-II

The Truth of H.M.P.V.

What to do when a black
dog bites?

H.M.P.V. PLandemic-Launched

Choosing the title for this section wasn't easy—it took a lot of thought and a look at what the story is about. Two possible titles came to mind: *The Truth of the HMP Virus* and *What to Do When a Black Dog Bites*. At first, they may seem completely unrelated, but a deeper connection ties them together. The first title points to a scientific study of the HMP virus, while the second sparks curiosity, hinting at the challenges and surprises life throws at us.

You might wonder what a virus and a black dog's bite could have in common? The answer lies in their surprising connection, both directly and as symbols. To understand the truth about the HMPV virus, we first need to explore what it means to face the "bite" of a black dog—a metaphor I will explain further in this book. This link will uncover a bigger truth that combines science with life's lessons.

In this book, I'll show you how these two ideas connect and what they can teach us about life and its challenges.

Not long ago, I released a video titled *What to Do When a Dog Bites*, accessed at www.biswaroop.com/dog. The video was created in response to the numerous queries I had been receiving about how to handle dog bites effectively. It

Section-II: The Truth of H.M.P.V.

seemed there was a great deal of confusion surrounding this issue, and I felt compelled to address it comprehensively to alleviate the concerns of those seeking clarity. The video was my way of ensuring that anyone confronted with such a situation would feel equipped and empowered to act without hesitation or fear.

Soon after, one of my neighbours approached me with feedback after watching the video. He mentioned that he found it highly informative and felt significantly more confident about tackling and managing a dog bite scenario without panic. However, he also had a follow-up question, which, in his own words, had been bothering him. Curious, I asked him to share his query. Curious, he asked, “But what should I do if a black dog bites?” I couldn’t help but smile at the specificity of his concern. Calmly, I reassured him that the colour of the dog was irrelevant—the protocol remains the same for any dog bite, regardless of the dog’s colour. While he nodded, and the conversation ended there, I wasn’t entirely convinced that he left fully satisfied with my response.

As fate would have it, I bumped into the same neighbour again a few days later. This time, he seemed even more

H.M.P.V. PLandemic-Launched

determined to resolve his lingering doubts. With a slight grin, he asked, “What if the dog has black and white patches? Will the protocol remain the same?” Once again, I patiently explained to him that the dog’s colour, whether black, white, or a mix of both, had no bearing on the procedure. The protocol remains constant. Despite his apparent persistence, I could see his curiosity was driven more by an earnest desire to grasp the matter than by scepticism fully. I was glad to have the opportunity to clarify further.

A few days later, I ran into the same neighbour again. This time, he presented another hypothetical situation, asking, “What if I am bitten by a dog in the dark, where I can’t see its colour? What should I do then?” You might think, “What a ridiculous question!” And you’d be right. The answer, as always, is straightforward: the dog’s colour doesn’t matter. A dog bite is a dog bite, whether the dog is black, white, brown, or invisible in the darkness. The protocol for handling a dog bite remains exactly the same.

By now, you may have realized that someone who asks such questions is, let’s say, not the sharpest tool in the shed. But let’s leave him behind for a moment and turn to you, my intelligent readers.

Section-II: The Truth of H.M.P.V.

Do you remember what happened back in 2015, about 10 years ago? That was when the India was gripped by fear of Swine Flu. Schools and colleges were closed, and everyone was forced to wear masks. It felt like the everything was coming to a halt. For those who have been with me on this journey for the past decade, you'll recall that even back then, I explained what Swine Flu really was: an *Influenza-Like Illness (ILI)*. I introduced the *3-Step Flu Diet* to help people recover without panic or confusion.

Like many other illnesses, Swine Flu is just another form of respiratory infection. Such illnesses happen when viruses like the Rhinovirus, Common Cold virus, Adenovirus, H1N1, Coronavirus, or even H5N1 enter our respiratory tract. These infections are collectively called Influenza-Like Illnesses or what we commonly call the *flu*. And here's the reality: every single one of us will experience flu twice or thrice a year. The symptoms are familiar—body ache, fever, and cough. It's the same story for nearly all respiratory illnesses, whether caused by a mild common cold virus or a more sensationally named virus like H1N1.

Ten years ago, I introduced the *3-Step Flu Diet*, a simple and effective protocol that has stood the test of time. People

***H.M.P.V. P*andemic-Launched**

who followed it back then could recover from the flu within just 2-3 days, and even today, it remains just as relevant.

Then came 2020, and the world faced a new challenge—COVID-19. A scenario of widespread panic was created around what is essentially another *Influenza-Like Illness (ILI)*, which, like all respiratory tract infections, is commonly referred to as the flu. My followers began contacting me with questions: *What do we do now?* My answer was clear and consistent: it doesn't matter which virus is causing the illness—whether it's COVID-19, H1N1, or any other. The symptoms are the same—fever, cough, and body ache—and the treatment remains the same. The key, I explained, is to follow the *3-Step Flu Diet*.

And just as before, those who followed this simple protocol recovered quickly, proving once again that panic is unnecessary when the solution is already at hand.

However, fear had taken a firm grip on people's minds. The media played a significant role in amplifying this fear, portraying even a normal sneeze as if it were a catastrophe. A simple sneeze or mild fever, which should have been treated as an ordinary occurrence, was sensationalized to the point where it felt like a sneeze had the power of a bomb.

Section-II: The Truth of H.M.P.V.

Amidst this climate of fear, a team of around 850 *Network of Influenza Care Experts (N.I.C.E.)*—individuals I personally trained—stepped forward. They travelled to different parts of India, visiting people in their homes, reassuring them, and spreading awareness. These experts removed people's masks, educated them about the *3-Step Flu Diet*, and guided them toward recovery. The result? Every patient recovered without a single casualty, proving that fear, not the flu, was the real enemy.

To extend our care to even more people during the COVID-19 pandemic, we established a dedicated centre in Ahmednagar (under the leadership of M.P. Shri Nilesh Lanke) which we fondly called a *Flu Center* rather than a COVID centre. This centre became one of the country's largest, with 1,100 beds. But unlike conventional hospitals, there were no social distancing rules, masks, oxygen cylinders, or hand sanitisers. What we relied on instead was the *3-Step Flu Diet* (explained in 3rd section), paired with an abundance of love, laughter, and positivity.

Ministry of AYUSH conducted an observation study at our Flu Center and later published a report on the effectiveness of the *3-Step Flu Diet*. Their findings were remarkable: patients

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recovered within 3-7 days, completely free of side effects even in severe flu cases. For those interested, the full report can be accessed at www.biswaroop.com/ayush.



Now, let's compare this with the conventional scenario of hospitals during the pandemic. In most hospitals, patients and staff were seen in PPE kits, resembling ghosts and creating an environment of fear and panic. This atmosphere of dread was compounded by the media's relentless fear-mongering, which caused widespread stress and anxiety. It's important to remember that stress and anxiety themselves can trigger flu-like symptoms, exacerbating the problem further. The fear, carefully propagated by the media, became as harmful as the illness itself.

On the other hand, our approach at the Flu Center and through our network of 850 *Network of Influenza Care Experts (N.I.C.E.)* stood in stark contrast. These trained experts

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travelled nationwide, spreading awareness, administering the *3-Step Flu Diet*, and helping patients recover with care and compassion. The results spoke for themselves: every single person treated through this method recovered, and not a single death occurred under our care.

The difference is clear. One approach thrived on fear, while the other embraced knowledge, simplicity, and human connection. As you reflect on these contrasting scenarios, it becomes evident that healing is as much about the right approach as it is about the right mindset.

Now, in 2025, the media has introduced a new entrant in the world of viruses—the so-called HMP virus. Once again, my followers, many of whom connected with me during what I call the *COVID PLandemic* (because it was all carefully planned), have reached out, expressing their concerns about this new virus. But before addressing this, let me remind you of something important: during the PLandemic and in the years that followed, we saw an alarming number of deaths caused not by the virus but by the so-called solution—vaccinations.

And yet, the truth remains the same: just as the colour of a dog doesn't change how a dog bite should be treated, the

*H.M.P.V. P*andemic-Launched

name of a virus doesn't change how we approach it. The flu is a flu; an *Influenza-Like Illness (ILI)* is still an ILI, no matter what fancy name the media or scientists give it. The symptoms—fever, cough, body ache—are still the same, just as they've always been. It's only the name that changes, creating unnecessary fear.

Think back to your childhood. How many times did you catch the flu? And how many times did you recover naturally? Your body heals itself every time, as it is designed to do. However, when you suppress your body's natural response with paracetamol or other medications, the flu lingers, sometimes leading to complications. The real danger lies not in the flu itself but in how you treat it.

Now, if you ask me, "What should we do about this new virus?" my question is, "What did you do before this?" The answer is simple—your body knows how to fight the flu. You don't need to panic. Yet, here we are again, with the media playing dramatic music, flashing sensational visuals, and creating fear in your mind. At one moment, they tell you not to panic, and in the next breath, they work tirelessly to ensure that panic grips your every thought.

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It's like this: imagine you're standing somewhere, completely unaware of a dog behind you. Now, if I come to you and say, "Don't worry, the dog won't bite you," what happens? Your focus immediately shifts to the dog, and even if you weren't worried before, now you start to wonder, *Will the dog bite me?* This is exactly how the media works. They plant fear where none existed, and once the seed of panic is sown, it takes root in your mind.

The real virus isn't HMP—it's the fear and panic created by misinformation. The cure? Knowledge, calmness, and trust in your body's ability to heal, as always.

Just like before, an intentional scenario has been created to spread fear. Footage from China showing crowded hospitals and chaotic conditions is widely circulated to create panic in our country. But let's pause for a moment and think critically—what do we really know about these videos? Were they staged? What is their authenticity? The truth is, no one can verify them because China, as a nation, is shrouded in secrecy. With all major social media platforms and even Google banned, information from within China is tightly controlled. What happens in China essentially stays in China.

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Now consider this: China, a country that publishes its research papers in Mandarin and rarely shares data openly, suddenly shares footage of chaos and overcrowded hospitals. Doesn't that seem suspicious? This entire situation is a collaboration between governments to spread fear and panic. Why? Because when people are afraid, they become easier to control. This is exactly what happened between 2020 and 2022 when fear confined people to their homes, cutting them off from everyday life and giving rise to unprecedented levels of anxiety and stress.

The reality is that the flu—just like it always has—will continue to exist. Children are more likely to experience flu because it is a part of their natural immunity-building process. With every episode of flu, their immune system becomes stronger and more equipped to handle future infections. The flu frequency decreases as we age because our bodies have built better defences over time. This is a process of nature, not something to fear.

Let me remind you again: just as the colour of a dog doesn't change the magnitude of its bite, the name of a virus doesn't change its nature. No matter what fancy or intimidating name it is given, a flu is a flu. Its symptoms remain the

Section-II: The Truth of H.M.P.V.

same—fever, cough, body aches. The virus doesn't suddenly become more dangerous because of its assigned name.

Understanding this simple truth can free you from unnecessary fear. We need calm, clarity, and trust in the body's healing ability. Fear and panic, on the other hand, weaken us, making us more susceptible to illness. Don't let staged narratives and propaganda distract you from what's real. Instead, focus on your health, building immunity, and the simple fact that flu is a normal part of life.

When you have the flu and symptoms like fever, cough, or body aches, it is important not to share these symptoms with others. This is because people might mistakenly think you have a more serious virus, like the HMP virus. To recover from the flu effectively, you must immediately begin the 3-Step Flu Diet, just as many of my followers did during the past pandemic.

The quickest and most effective way to cure flu and fever is through a combination of Lower Leg Hot Water Immersion (explained in section 3) and the 3-Step Flu Diet. To understand this better, it's important to know that fever is not actually an illness. It is your body's natural defence mechanism to combat viruses and bacteria. When the body

H.M.P.V. PLandemic-Launched

reaches nearly a temperature of 40 degrees Celsius, it is an environment where viruses cannot survive, so the body raises its temperature to fight off the infection.

Taking medications like paracetamol can actually be harmful, as it lowers your body's temperature, giving the virus a better chance to spread. Additionally, the side effects of paracetamol are serious, including prolonged fever, liver damage, kidney problems, ulcers, and even cancer. Studies have shown that paracetamol is responsible for 50% of liver failures worldwide, making it one of the most dangerous drugs.

In situations involving cold or fever, raising your body temperature rather than lowering it is essential. When you have a fever, your body may feel weak or drained of energy, as it uses a lot of energy to raise the temperature to fight the virus. The best way to support this process is by using Lower Leg Hot Water Immersion, a technique we use at all of our HIIMS hospitals. Along with this, it's crucial to follow the 3-Step Flu Diet (refer to Section 3 for more details) to help you recover faster and more effectively.

It is scientifically challenging to definitively determine which virus has caused symptoms resembling the flu, often

Section-II: The Truth of H.M.P.V.

referred to as Influenza Like Illness (ILI). You may have seen media reports mentioning H.M.P.V. cases in cities like Ahmedabad or Bangalore, but to truly understand what's happening, it's essential to look deeper.

Doctors often diagnose the specific virus causing influenza-like symptoms using the RT-PCR (Reverse Transcription Polymerase Chain Reaction) test. However, the accuracy and reliability of this test are highly questionable.

Kary Mullis, the inventor of the RT-PCR technique, openly stated that this test was never designed to detect any specific virus. This crucial fact, however, has been largely hidden from the public. Instead, the RTPCR test has misled people and created unnecessary panic, especially regarding viral outbreaks.

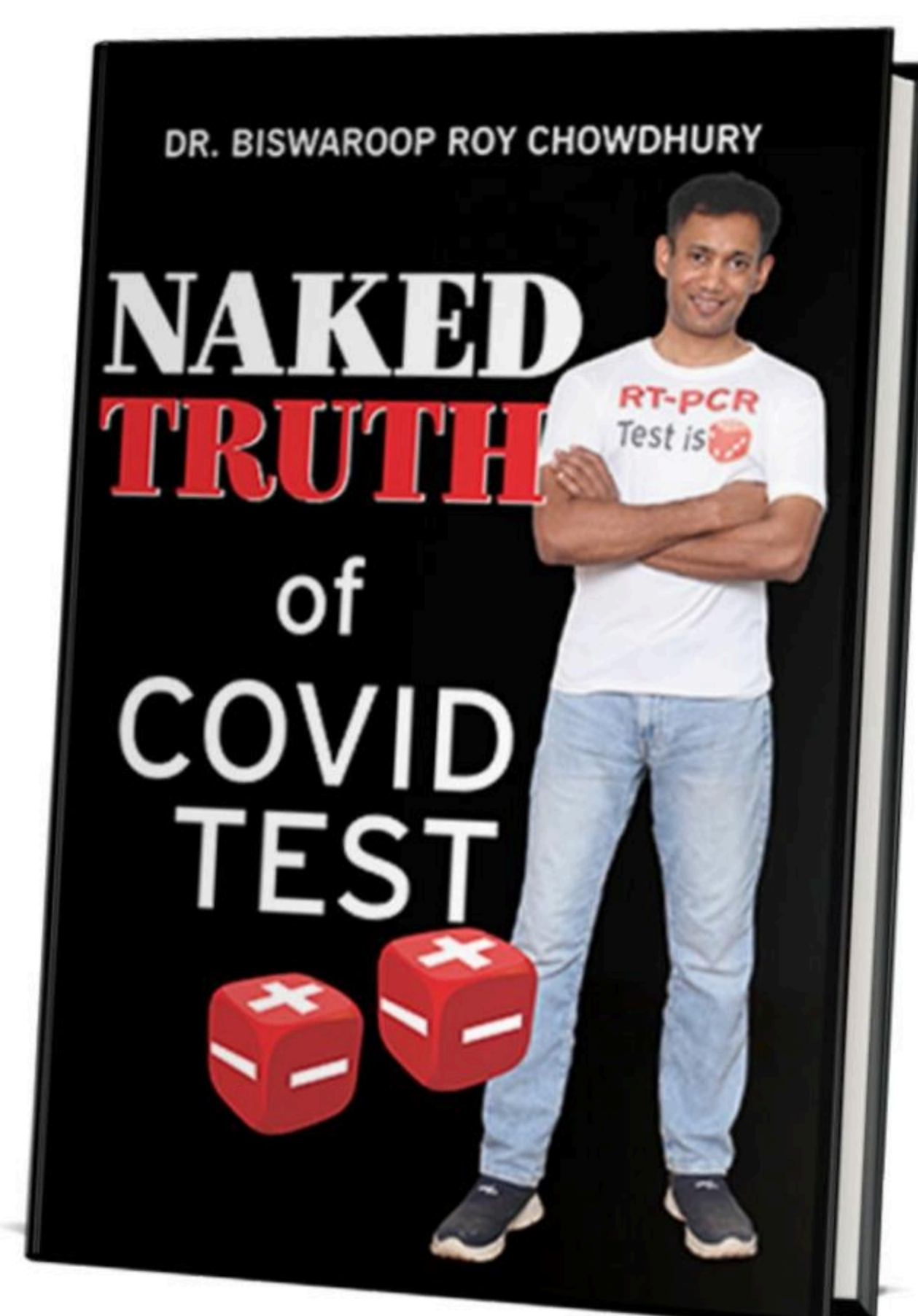
For a test to be considered reliable, it should consistently provide the same result each time it's administered. If the results change every time the test is conducted on the same group of people, it signals a major flaw in the test's reliability. For instance, imagine if I were to say, "Every time I roll this dice, and it lands on six, you have the HMP virus." There is no guarantee that the dice will land on six every time, just as there is no certainty that the RT-PCR test will

H.M.P.V. PLandemic-Launched

consistently give the same result. The RT-PCR test works in a similar, unpredictable way.

I raised this point as early as 2021 when I experimented to expose the test's inconsistencies. I collected samples from various sources, such as mosquitoes, cockroaches, musk melons, humans, dogs, birds, and vegetables. I informed the lab that these were all human samples. To my astonishment, the test results showed that mosquitoes, musk melons, dogs, and other non-human samples tested positive for COVID-19. This further demonstrated the randomness and unreliability of the RTPCR test, emphasising that the results cannot be trusted as a definitive measure for detecting a virus.

We compiled all the data and evidence from our experiments and published a book titled *Naked Truth of Covid Test*. This book quickly became a bestseller on Amazon and is still available today. You can also access free e-books by visiting my website at www.biswaroop.com/ebooks.



Section-II: The Truth of H.M.P.V.

It's important to remember that the area you live in is not solely yours; it is shared with other creatures, such as stray dogs. These dogs play a crucial role in safeguarding the area, protecting you from threats like theft, monkeys, snakes, and more. Just like these dogs, your respiratory system is constantly exposed to a variety of viruses, including the common cold virus, adenovirus, corona, HMP virus, and many others. If you were to test for these viruses, you'd likely test positive for one or more of them every time. It's like stepping on the tail of a black dog; it might bite you, but that doesn't mean all black dogs in the area are dangerous.

Over time, an atmosphere of fear has been created around viruses. What I'm saying can be backed up by evidence, and as you dig deeper, you'll find that the theories I'm presenting are based on solid research.

We also raised questions with the Indian Council of Medical Research (ICMR) regarding the consistency of RTPCR test results. Initially, they responded, but as they realized their narrative was being challenged and their methods were being exposed, they stopped answering. I refer to them as the *Indian Council of Manipulating Research*, because their

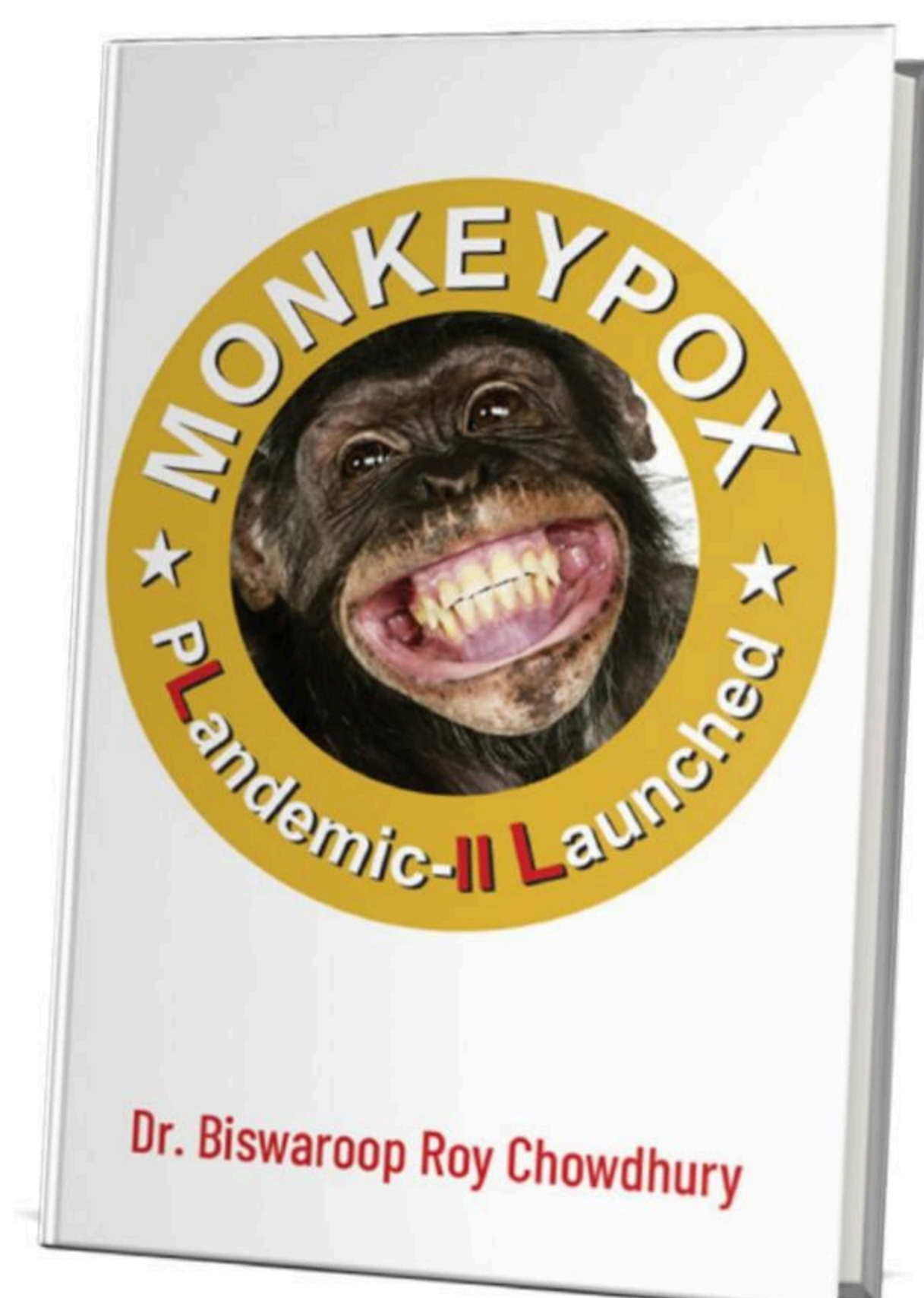
H.M.P.V. PLandemic-Launched

responses seemed less about scientific inquiry and more about protecting a certain agenda.

As a responsible citizen, you must ask questions whenever you can so that media propaganda cannot mislead you. A simple way to understand the flaws in the system is by conducting the experiment I mentioned earlier.

Do you remember the Monkey Pox scare that was created two years ago? We acted quickly and performed Monkey Pox tests on samples. Out of 25 samples, one would always test positive. You will always find one positive result if you test one person 25 times. To claim that 1 lakh Indians are positive for Monkey Pox, you would need to test 25 lakh people. This is not based on the actual spread of a disease but on mathematical manipulation and propaganda.

It's important to remember that you will always encounter flu-like symptoms during your life, regardless of what they are labelled as. Sometimes, it's called COVID-19; other times, it's H1N1, HMPV, and so on. They are just different names for the common flu, and it's often used to instil fear.



Section-II: The Truth of H.M.P.V.

To protect yourself from future “PLandemics,” our 850 N.I.C.E. experts are dedicated to reaching as many people as possible and helping them recover using the 3-step Flu Diet and Lower Leg Hot Water Immersion protocols.

Whenever you experience symptoms like cough and cold, all you need to do is follow the protocols I’ve shared and don’t fall into the trap set by the medical industry and hospitals. And just like my neighbour, if someone asks what to do if they have the HMP virus, the simple answer is: turn off the TV and stop watching the news. If you must watch the media, ask them for solid evidence behind their claims. Always stay informed and question the narratives that are being pushed on you.

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H.M.P.V. PLandemic-Launched

You can connect with my core team members via video call, and if the patient's condition is critical, I will personally follow up on the case. To reach me, simply contact your nearest Dr BRC Clinic@home.

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The main idea is to empower you to become your own doctor. In these clinics, I've instructed my experts to keep the infrastructure to a bare minimum. This is because any excess expenses related to the clinic's infrastructure are billed to the patients. Instead, we focus on delivering knowledge and practical solutions.

Our approach is patient-centric, ensuring you receive treatment faster and at a lower cost. The belief is that you don't need fancy buildings or expensive furniture to get cured—you need the right knowledge and guidance.

Section-II: The Truth of H.M.P.V.

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Section—III

Past, Present & Future of Pandemic

When you are fooled in the name of a pandemic

In natural disasters like tsunamis, earthquakes, or floods, all living creatures—humans and animals are affected indiscriminately. However, if a pandemic is declared and you observe that only humans with access to media and medical aid are affected or dying, while poor farmers, beggars, underprivileged individuals, and animals remain largely unaffected -

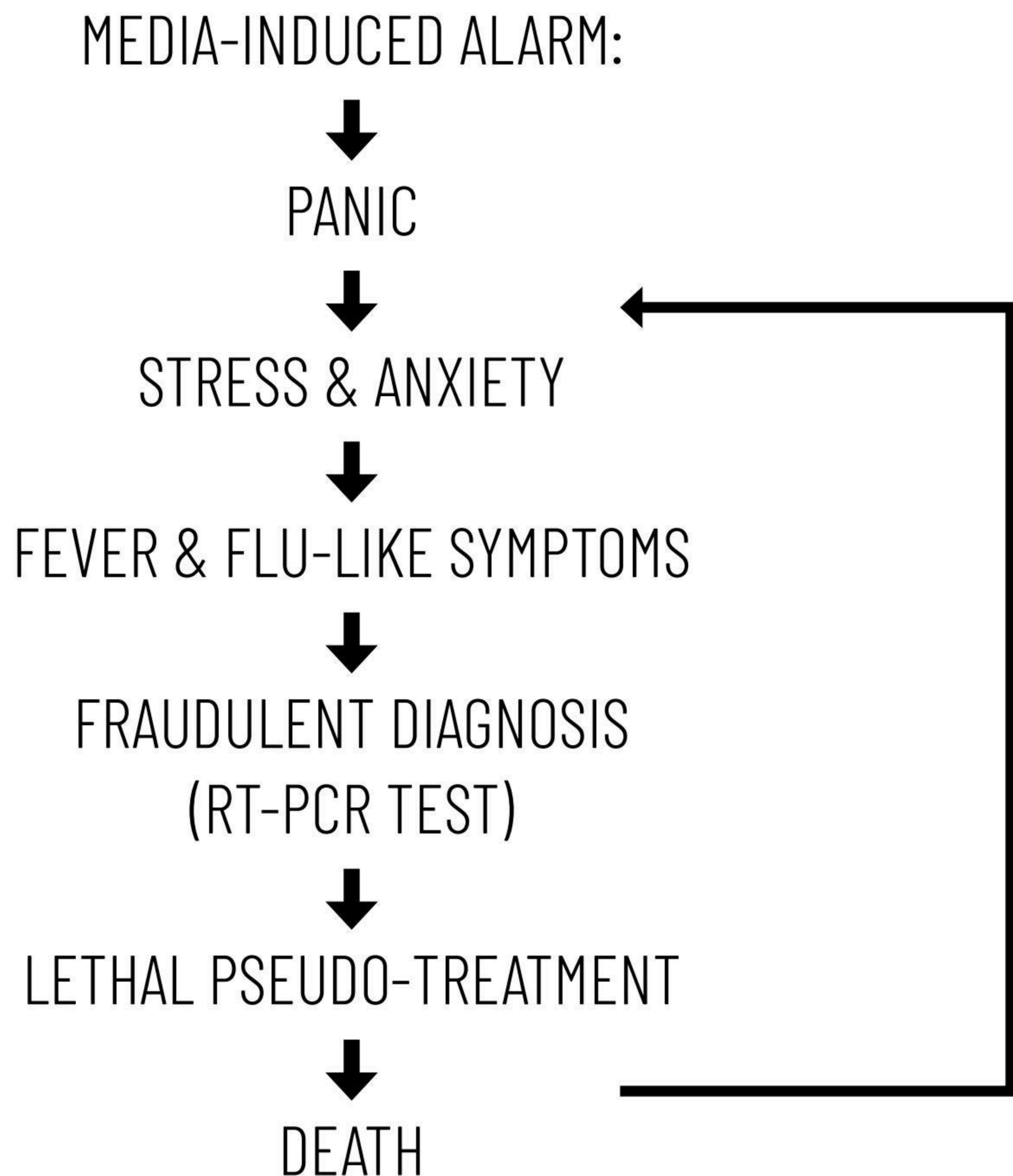
KNOW YOU ARE FOOLED!

Test the Test (RT-PCR) kit

The results of RT-PCR tests to detect viruses like COVID-19 or Monkeypox often appear as random as rolling a dice. On average, we found that 10% of living samples (human or non-human) tested positive for COVID-19, with repeat tests giving inconsistent results. Similarly, for every 25 Monkeypox tests conducted, 1 returns positive .

Do it yourself (DIY) and find the results of the latest media-driven sensation: "The HPMV (Virus)." Question the accuracy and reliability of such tests, and critically assess the data being presented.

Panic creates a pandemic



It begins with Media-Induced Alarm, where sensationalized reporting triggers widespread fear. This leads to Panic, heightening public anxiety and hysteria. Prolonged stress weakens the immune system, resulting in Stress & Anxiety that can manifest as Fever & Flu-like Symptoms. These symptoms, coupled with inconsistent test results

Section-III: Past, Present & Future of Pandemic

(Fraudulent Diagnosis), create confusion and misdiagnoses. Misguided or unnecessary interventions (Lethal Pseudo-Treatment) further exacerbate the problem, ultimately leading to avoidable tragedies and Death. The above flow chart underscores the dangers of panic-driven responses fueled by misinformation.

No natural pandemic is possible

A review of history reveals that widespread sickness among humans or animals occurs only under specific conditions: contaminated air or water, compromised hygiene, malnutrition or famine, or the introduction of harmful substances into the body, such as through mass vaccination or adulterated food. Natural pandemics, therefore, are unlikely without these contributing factors.

Pandemic of the educated human

Humans who have undergone structured education (through schools, colleges, etc.) often become emotional beings rather than intelligent, rational ones, losing their innate survival instincts. A lie repeated multiple times—especially by the media—is often accepted as truth by them. In contrast, animals and less literate individuals tend to remain unaffected by such false alarms, relying instead on their natural instincts and resilience.

Pandemic for profit

Media-declared pandemics have become tools for economic shifts, widening the gap between the rich and the poor. The poor grow poorer while a select few become super-rich. Fear and panic make it easier to exploit and manipulate the masses. The Oxfam Report of 2021 highlights how the false alarm of COVID-19 devastated the economies of less privileged communities. Vaccines, while profitable for a few, often add to the suffering of the masses, amplifying inequality and hardship.

When flu becomes a pandemic

Flu or Influenza-Like Illness (ILI) is a common ailment that affects every human an average of 2 to 3 times a year. However, when such a routine illness is labeled a “pandemic,” gullible individuals often fall victim to harmful medical experiments, including toxic drugs and vaccinations. This transforms an otherwise manageable condition into a real, man-made crisis, creating a pandemic born not of nature but of fear and misinformation.

Track the initial sources of pandemic news

There are a few places and centers around the world that operate with opacity and maintain secrecy about their internal affairs. China is one such example. Have you ever wondered why China, a country known for its tight control over information, suddenly began generously sharing live footage of a pandemic unfolding within its borders? Is it truly a pandemic or a “plan-demic,” strategically designed in collaboration with government bodies and individuals poised to profit from the chaos?

Fever cure during a “PLandemic”

If you experience a fever—a natural response of your immune system to fight infection—consider handling it calmly and privately. Sharing your condition might lead to forced isolation or hospitalization. Instead, immerse your legs in a bucket of warm water at 42°C for about

30 minutes. This simple remedy often helps reduce fever. If the fever persists, you can repeat the process.



Flu-like symptoms during a “PLandemic”

For other flu-like symptoms, follow the “3-Step Flu Diet” for 3 days. This method, based on observational studies conducted by the National Institute of Naturopathy (N.I.N) - Ministry of Ayush, has been proven to aid recovery, even in severe cases of flu.

3 STEP FLU DIET

Day 1 (Liquid)

Weight of patient (kg)

10

Weight (kg)

10

(glasses of fresh Citrus fruit juice)

(glasses of coconut water)

Day 2 (Fluid)

Weight

20

Weight

20

(glasses of Citrus fruit juice)

(glasses of coconut water)

Weight x 5 (gm of Tomato + Cucumber)

Day 3 (Solid)

Weight

30

Weight

30

Weight x 5

Normal home cooked food

(glasses of Citrus fruit juice)

(glasses of coconut water)

(gm of Tomato + Cucumber)

Breakfast

Lunch

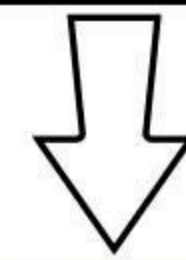
Dinner

50

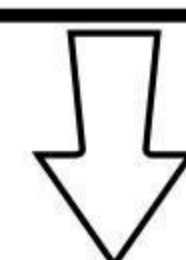
Avoid Medical Aid during a “PLandemic”

The best way to stay fit and reverse lifestyle-related illnesses is by switching to the D.I.P. Diet. This can be done in 3 simple steps.

D.I.P. Diet
Step - I
Breakfast (till 12 noon)
4 types of fruit
Body Weight in kg x 10 = __gm



D.I.P. Diet	
Step - II	
Plate-1	Lunch/Dinner
Plate-2	
4 types of raw vegetables	Std. meal
Body Weight in kg x 5 = __gm	



D.I.P. Diet	
Step - III	
To Avoid	To Take
1. Packed food	1. Soaked nuts/Sprouts: your wt(kg) = __gm
2. Dairy/Animal food	2. Fruits: Plenty
	3. Sunshine: 40 min

H.M.P.V. PLandemic-Launched

For a detailed scientific explanation of the information provided in the previous pages, read:



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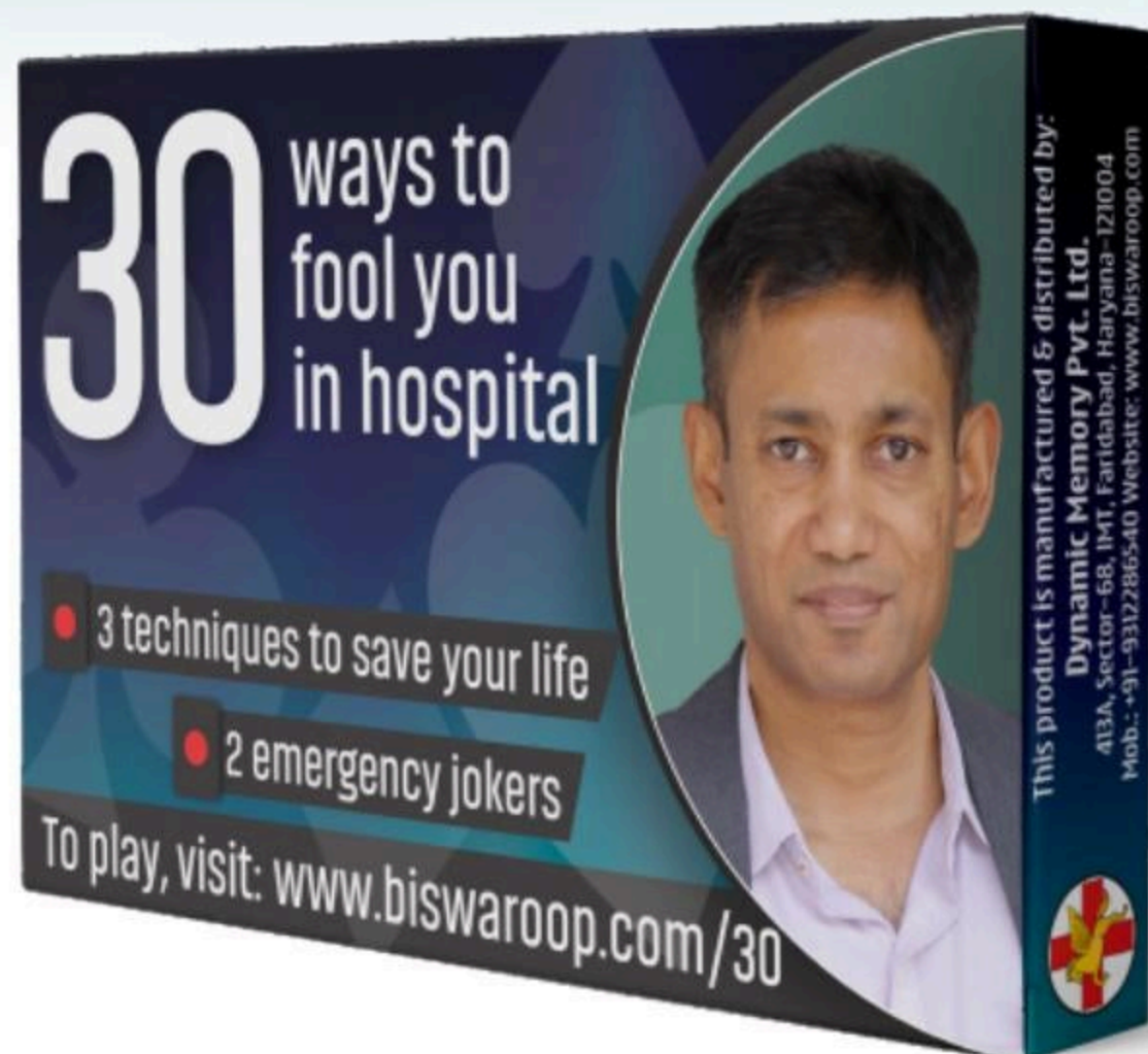


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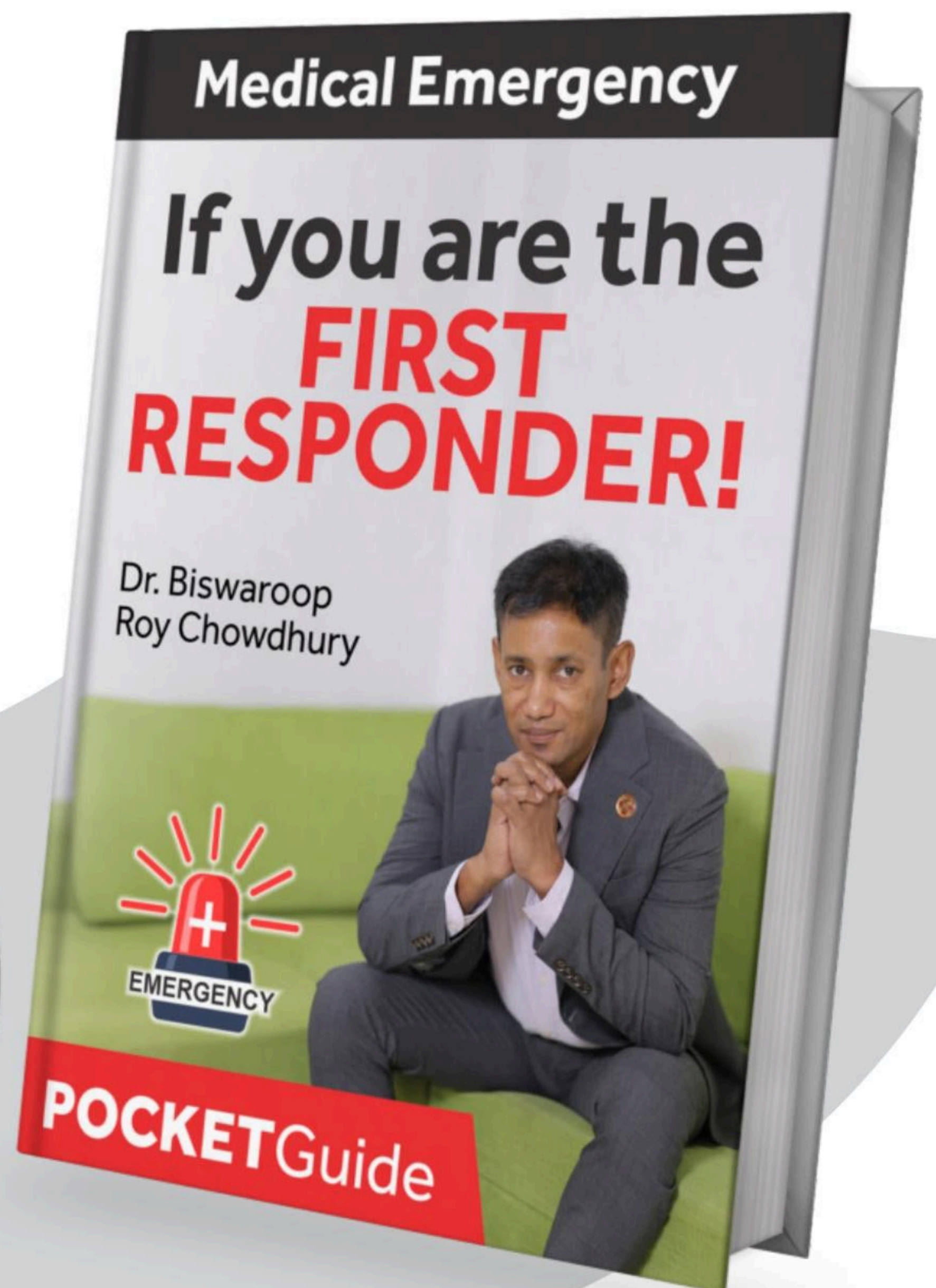
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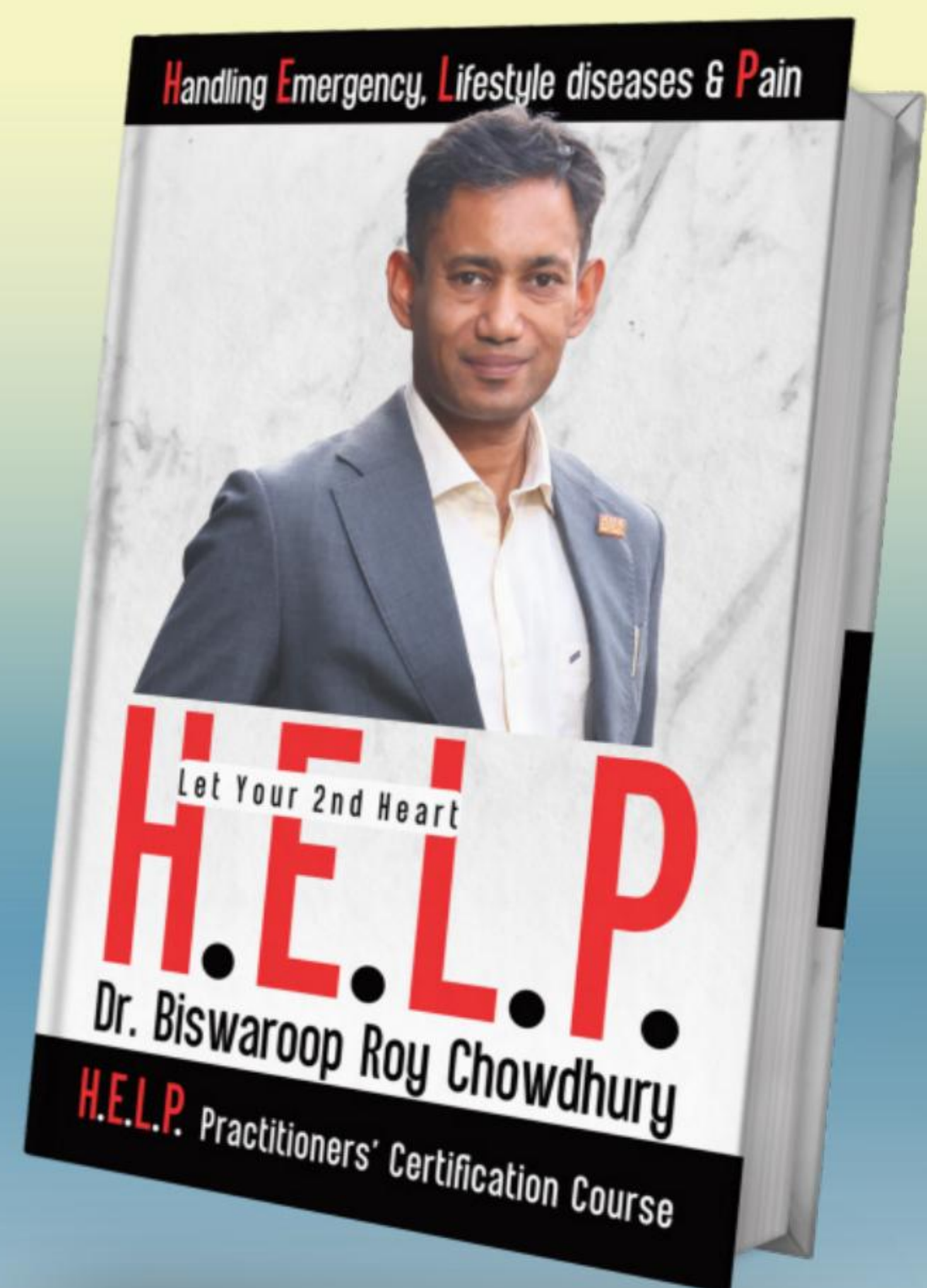
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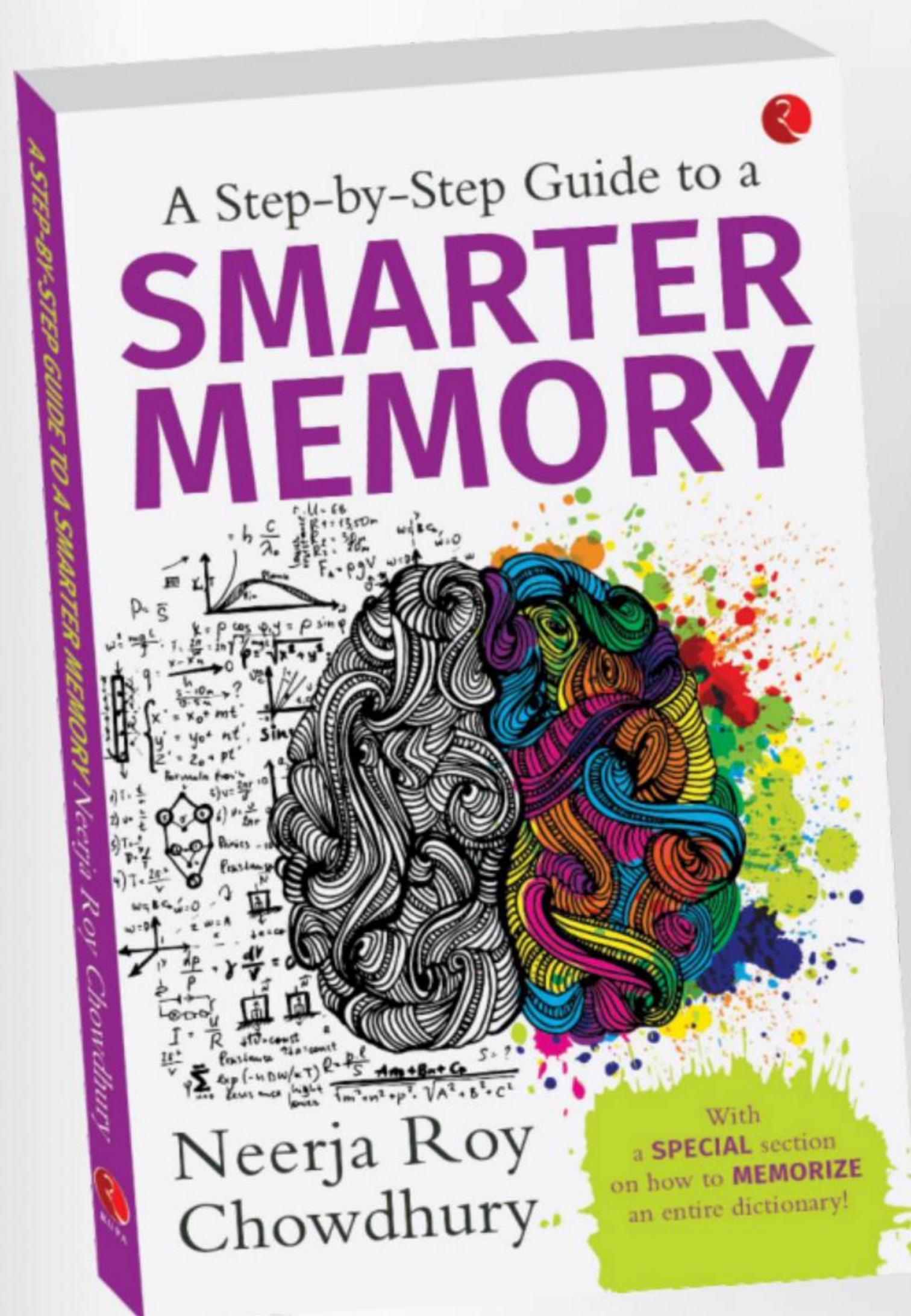
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About the author:

Neerja Roy Chowdhury, the name can be found in prestigious record books including Guinness Book of World Records and Indo-China Book of Records for diverse reasons. The most interesting of all is her ability to memorize the complete Oxford English-Hindi Dictionary. She has also developed software for memorizing a dictionary. She has travelled more than 100 cities internationally in last one decade training people on 'Memory Techniques'. Her latest book 'Smarter Memory' is published by Rupa Publication. Presently she is involved in developing curriculum in memory techniques for international universities.



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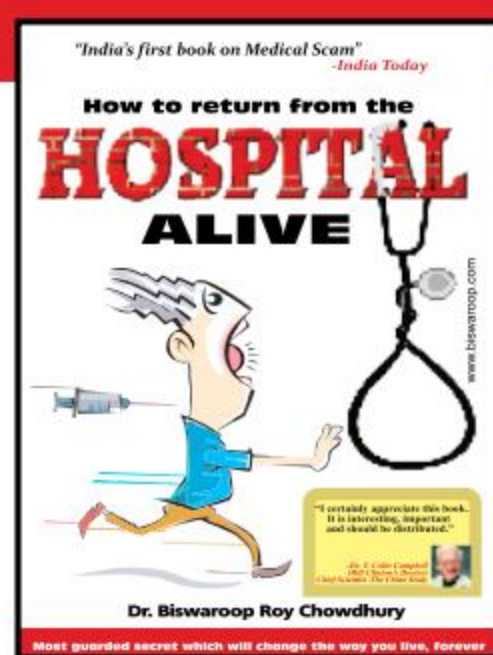
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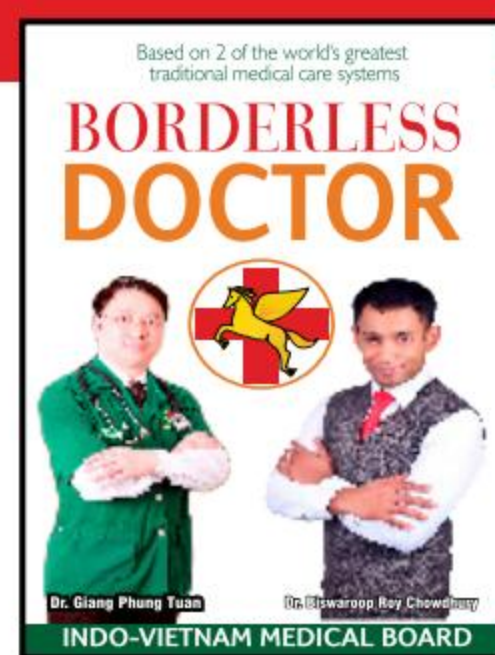
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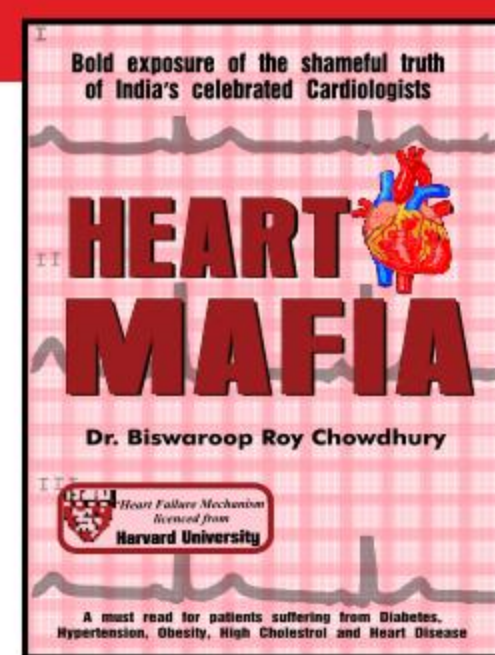
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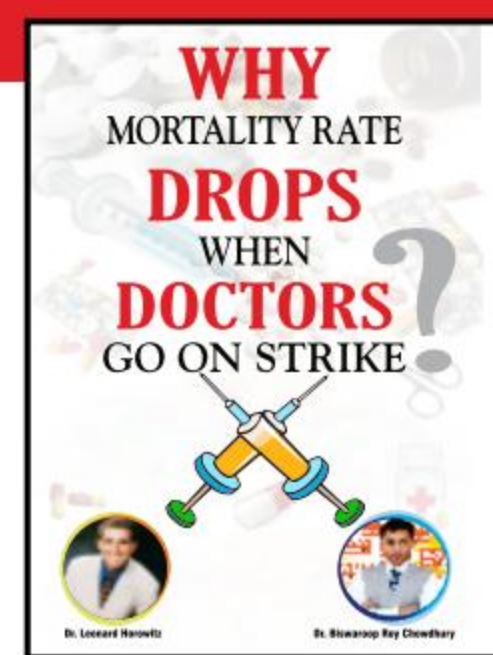
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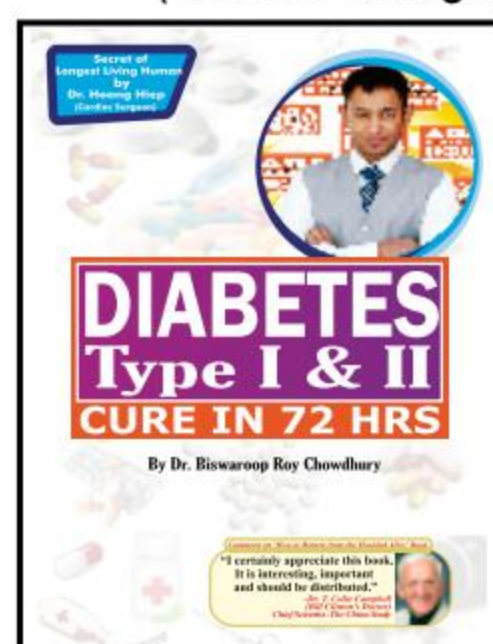
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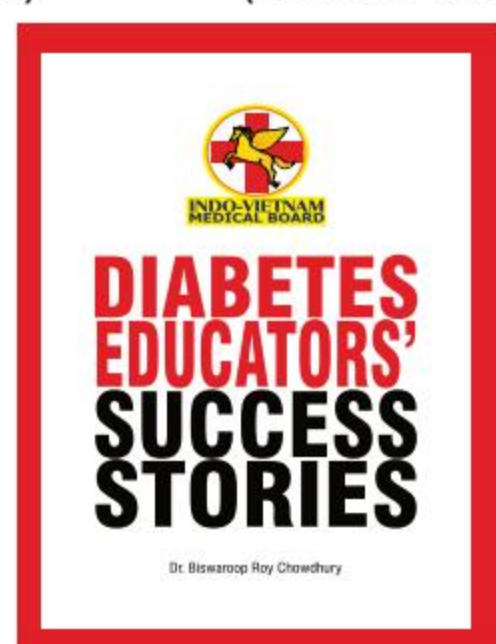
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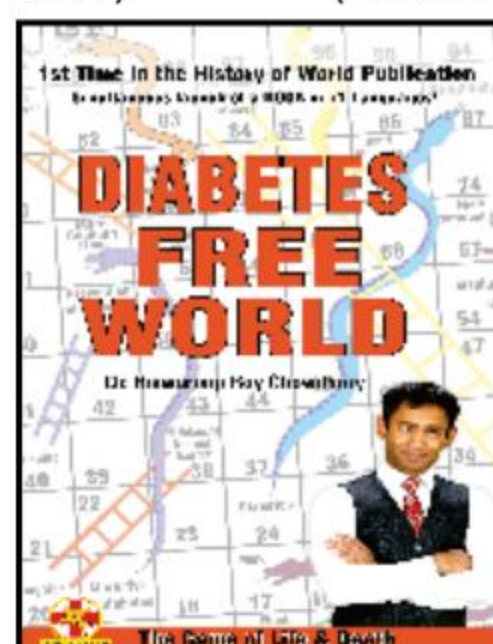
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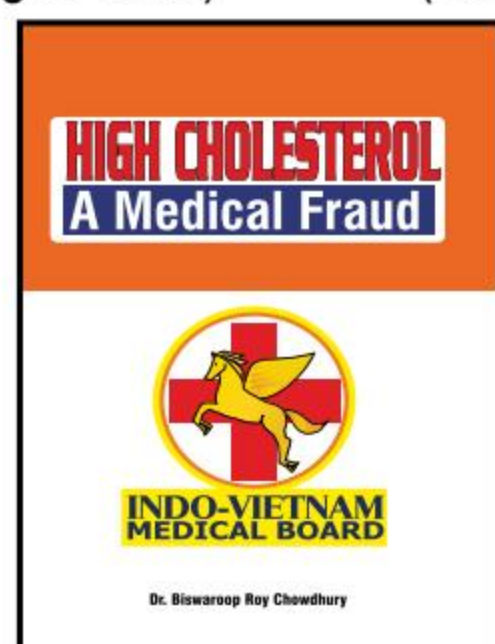
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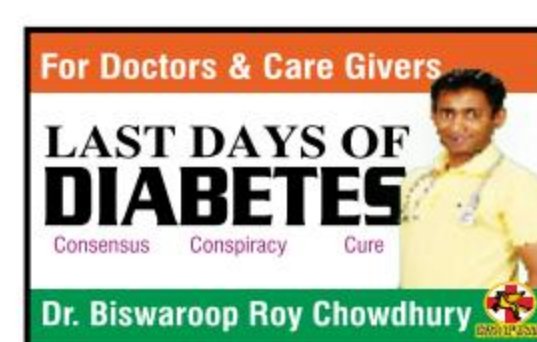
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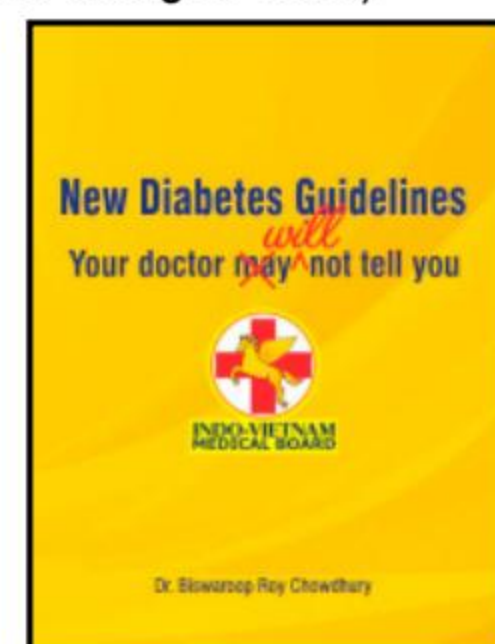
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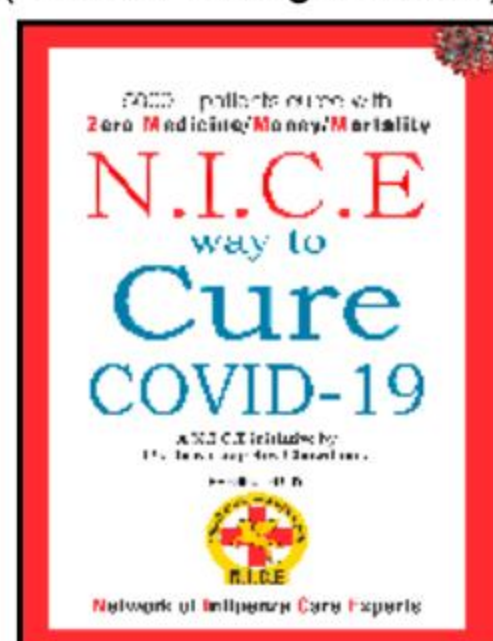
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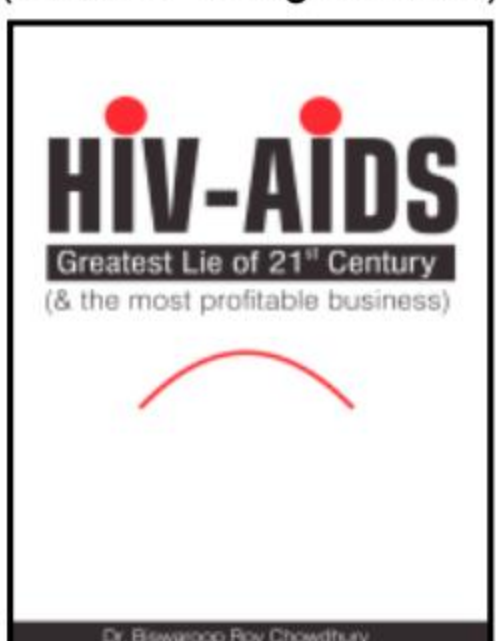
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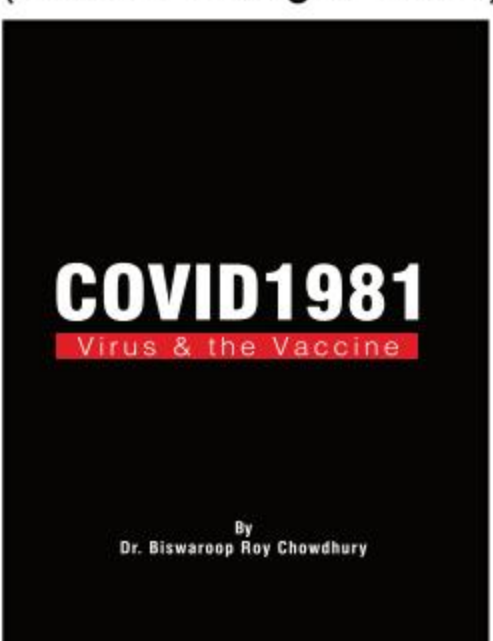
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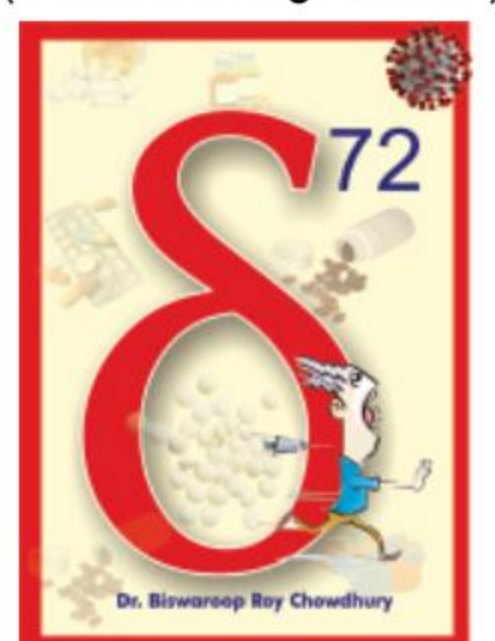
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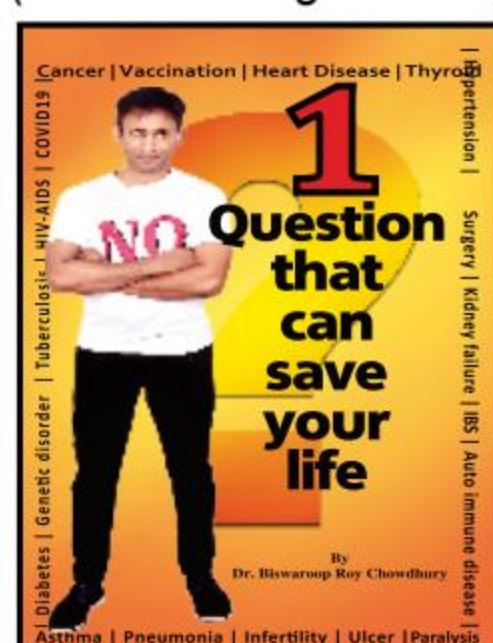
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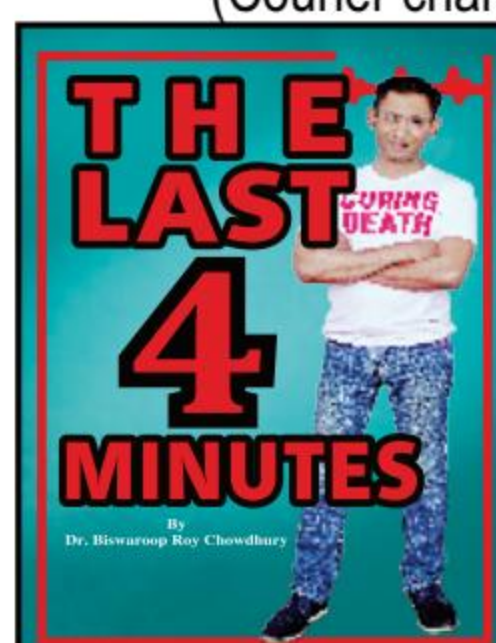
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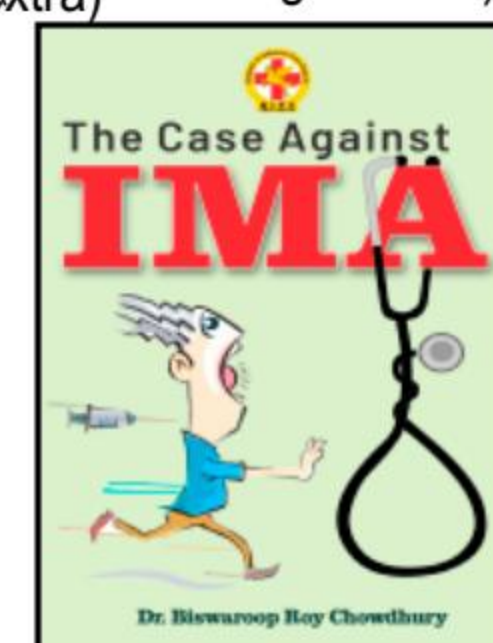
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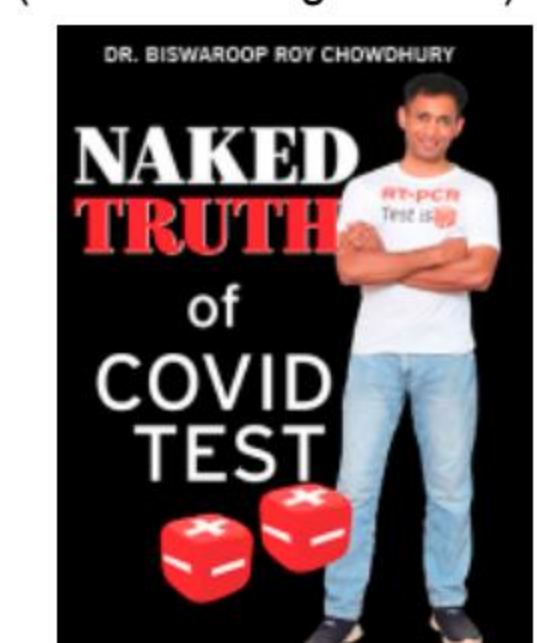
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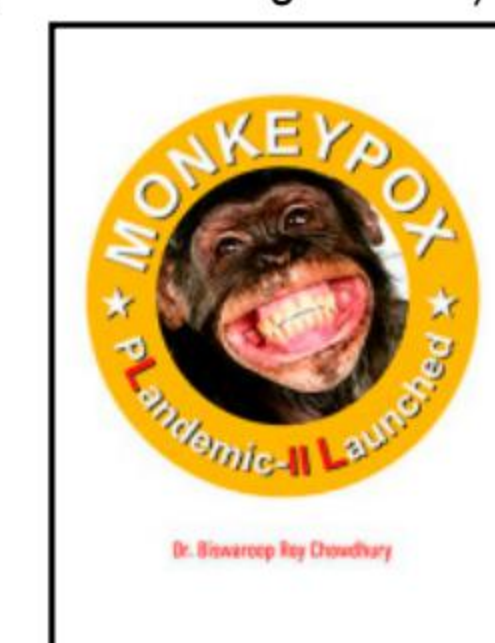
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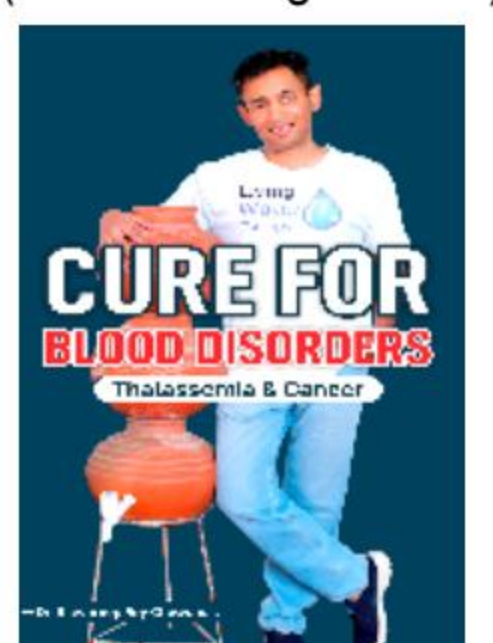
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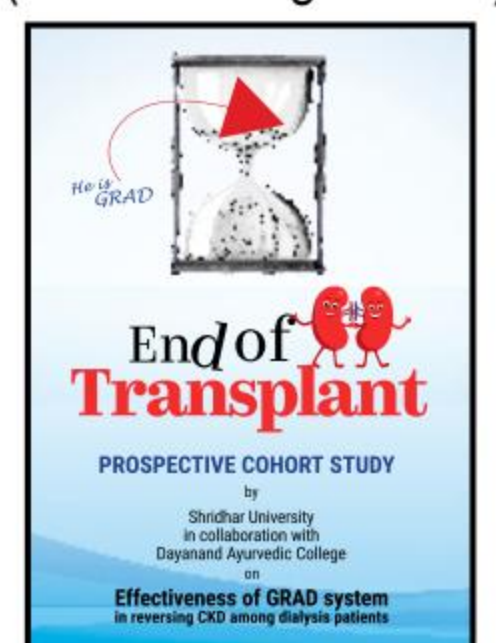
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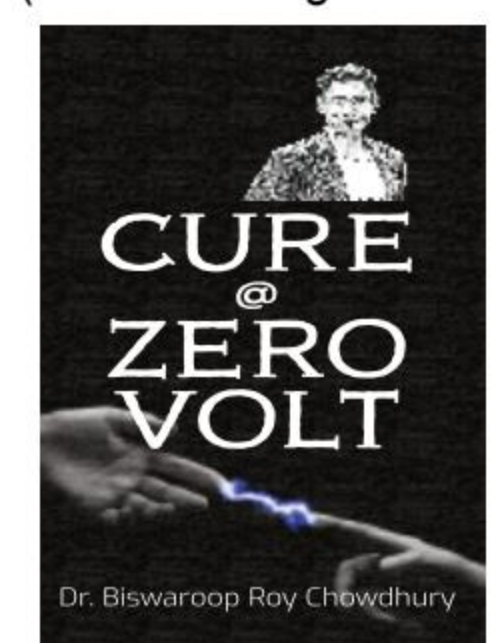
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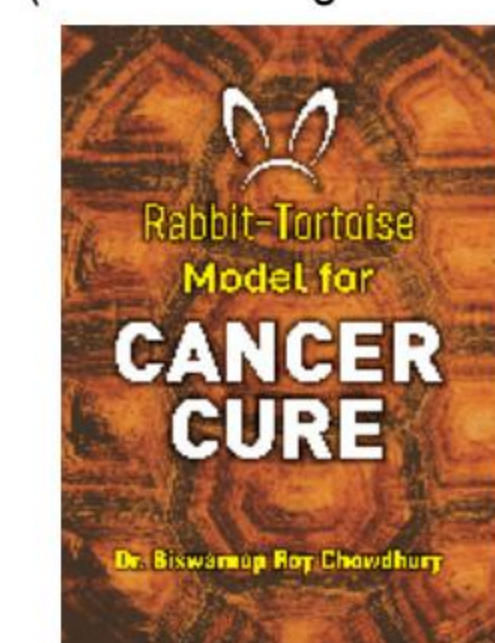
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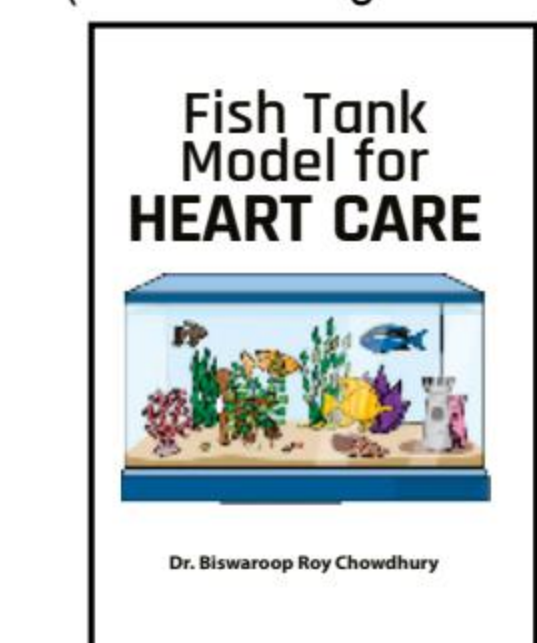
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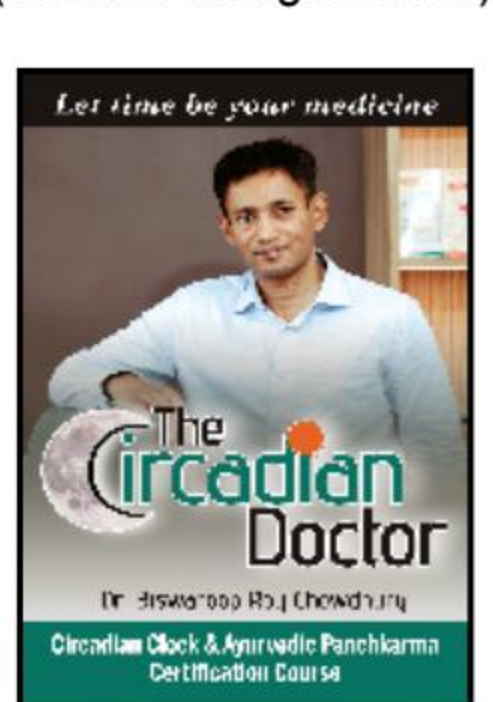
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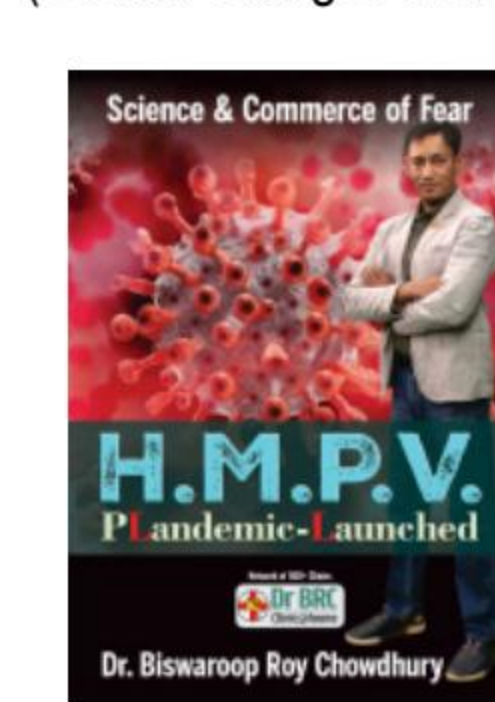
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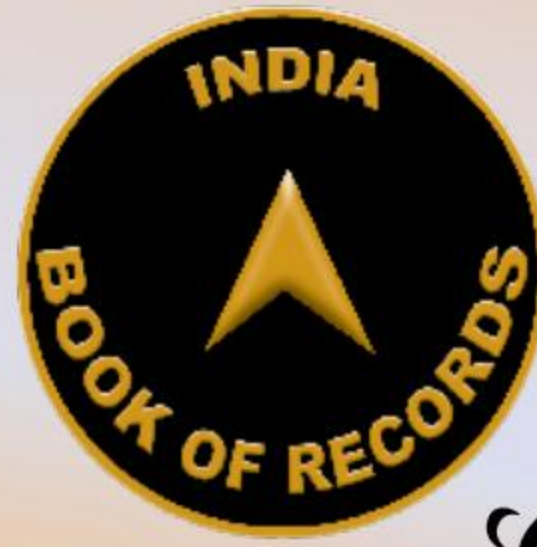
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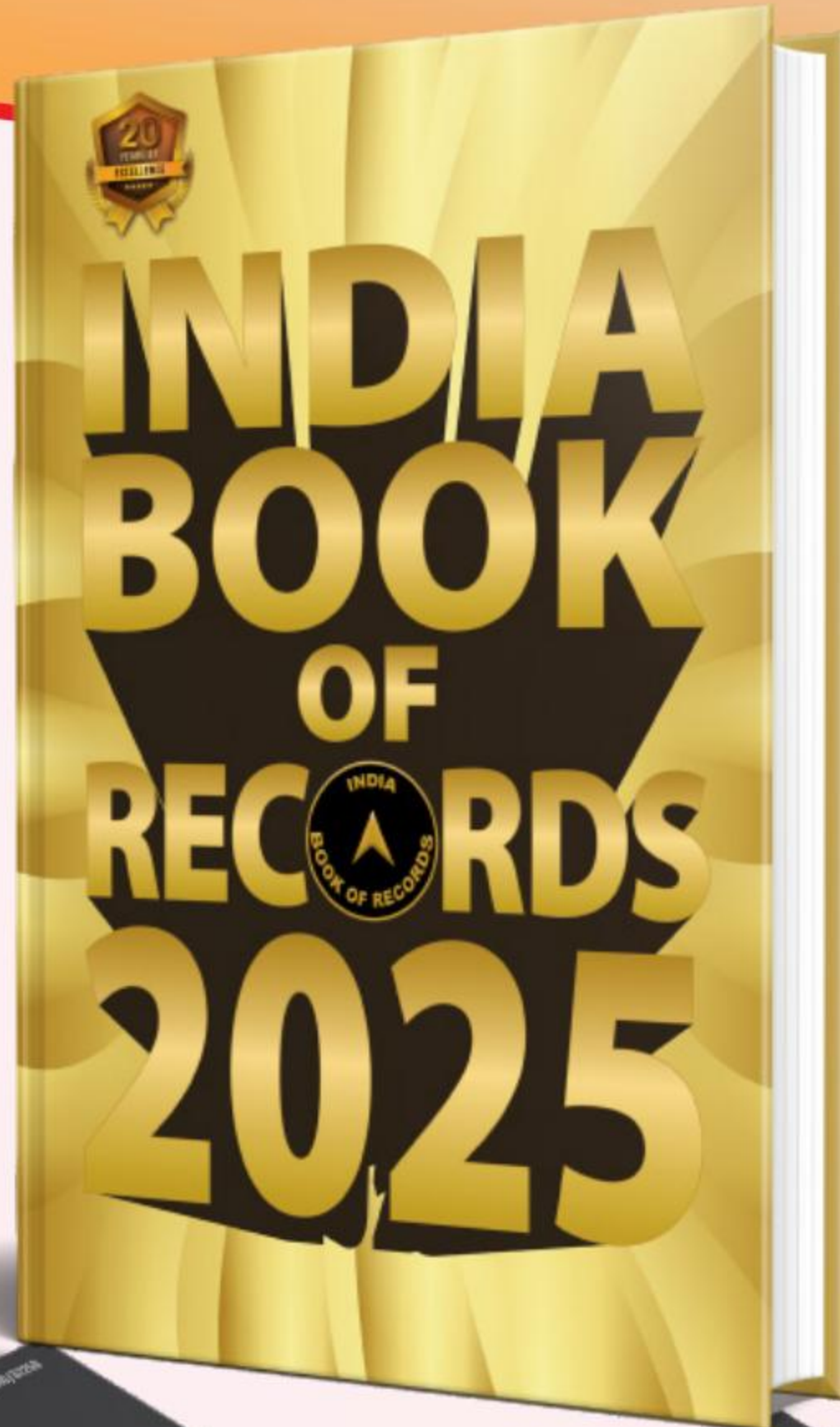
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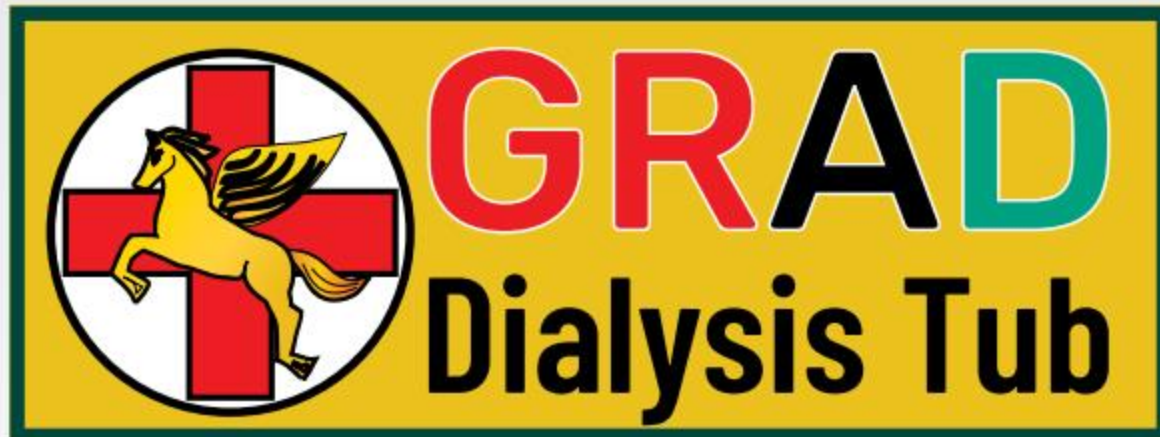
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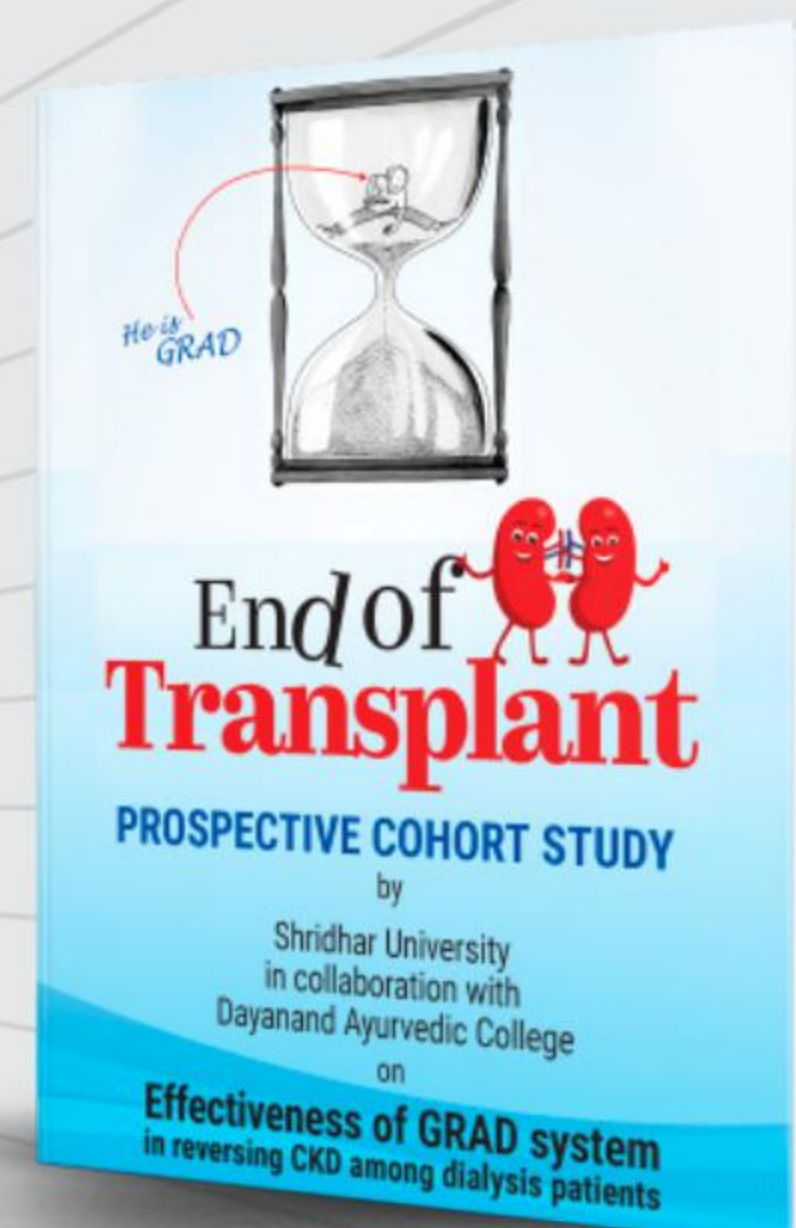
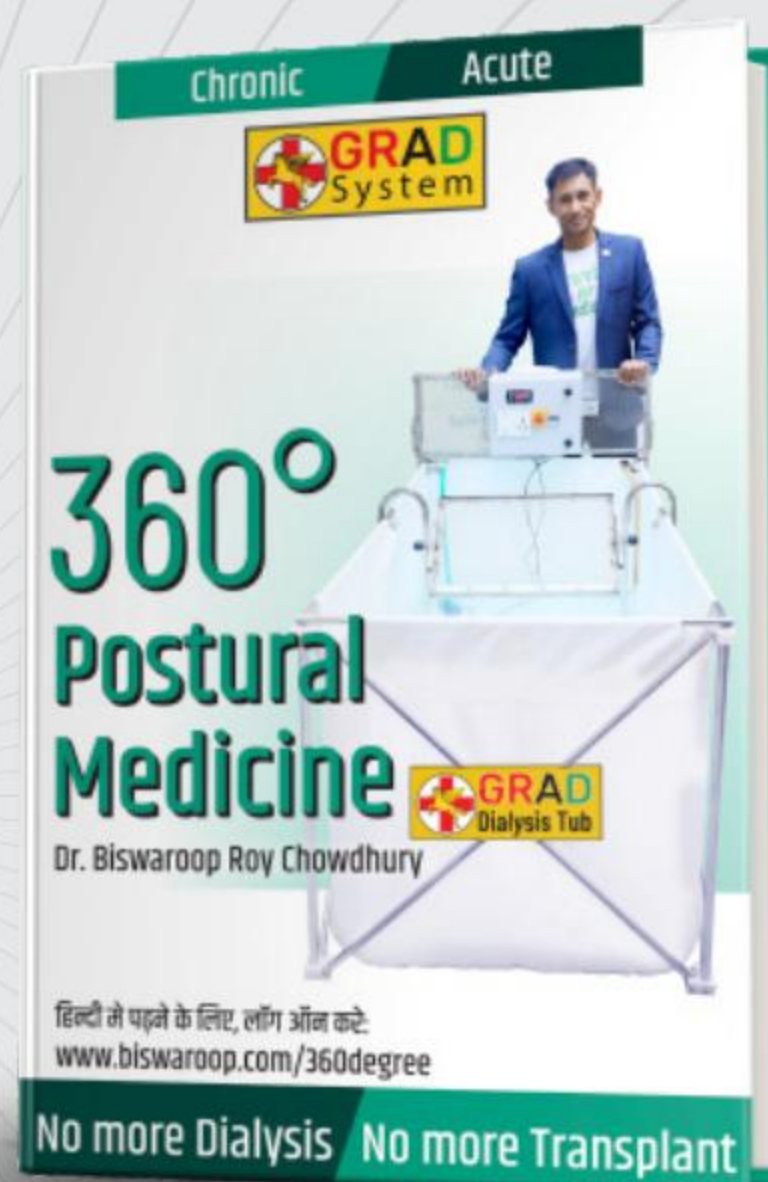


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About the Author

Dr. Biswaroop Roy Chowdhury created the Mathematical Model of Nutrition, the D.I.P. Diet, which has been proven effective in Diabetes, Hypertension, Obesity, Bone Diseases, and Chronic Kidney Diseases through clinical trials in India (Ayush Ministry), Nepal (National Health Ministry), and Malaysia (Lincoln University). Furthermore, he received the Innovation Award-2024 (WASME & Ethiopian Embassy) for his gravity and heat-based invention, the GRAD system, to reverse chronic kidney diseases.

Dr. Biswaroop Roy Chowdhury, a Guinness World Record Holder (2008 edition) for his memorization abilities, is an engineering graduate with a post-graduation in Diabetes and a PhD (Hon.) in Diabetes and Chronic Kidney Disease. With an impressive portfolio of 35 published books, he successfully oversees the HIMS group of Hospitals and Medical Academy, which actively engages in healthcare endeavors across India, Vietnam, Nepal, and Malaysia.



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