

## Natural Immunity Is ‘Infinitely Better’ Than Vaccine Immunity

According to McCullough, “natural immunity is infinitely better than vaccine immunity,” and studies have borne that out time and again. The reason natural immunity is superior to vaccine-induced immunity is because viruses contain five different proteins.

The COVID shot induces antibodies against just one of those proteins, the spike protein, and no T cell immunity. When you’re infected with the whole virus, you develop antibodies against all parts of the virus, plus memory T cells.

This also means natural immunity offers better protection against variants, as it recognizes several parts of the virus. If there are significant alternations to the spike protein, as with the Delta variant, vaccine-induced immunity can be evaded. Not so with natural immunity, as the other proteins are still recognized and attacked.

Here’s a sampling of scholarly publications that have investigated natural immunity as it pertains to SARS-CoV-2 infection. There are several more in addition to these:[12]

- Science Immunology October 2020[13] found that “RBD-targeted antibodies are excellent markers of previous and recent infection, that differential isotype measurements can help distinguish between recent and older infections, and that IgG responses persist over the first few months after infection and are highly correlated with neutralizing antibodies.”
- The BMJ January 2021[14] concluded that “Of 11, 000 health care workers who had proved evidence of infection during the first wave of the pandemic in the U.K. between March and April 2020, none had symptomatic reinfection in the second wave of the virus between October and November 2020.”
- Science February 2021[15] reported that “Substantial immune memory is generated after COVID-19, involving all four major types of immune memory [antibodies, memory B cells, memory CD8+ T cells, and memory CD4+ T cells].”

About 95% of subjects retained immune memory at ~6 months after infection. Circulating antibody titers were not predictive of T cell memory. Thus, simple serological tests for SARS-CoV-2 antibodies do not reflect the richness and durability of immune memory to SARS-CoV-2.” A 2,800-person study found no symptomatic reinfections over a ~118-day window, and a 1,246-person study observed no symptomatic reinfections over 6 months.

- A February 2021 study posted on the prepublication server medRxiv[16] concluded that “Natural infection appears to elicit strong protection against reinfection with an efficacy ~95% for at least seven months.”

## **Reinfection Is Very Rare**

McCullough stresses there is also no need to worry about reinfection if you’ve already had COVID once. The fact is, while breakthrough cases continue among those who have gotten one or more COVID-19 injections, it’s extremely rare to get COVID-19 after you’ve recovered from the infection.