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How to Flu Proof Yourself and Your Family

Each year tens of millions of Americans contract influenza. For most, it just makes for an unpleasant two weeks, and maybe another week or two to feel fully recovered.

But 200,000 flu sufferers each year end up in hospital and 36,000 Americans die from flu

complications. Most outbreaks occur between October and May, with the peak season between late December and early March.

This year there is grave concern about Swine Flu, with most of the impetus being centered on developing vaccines for the H1N1 strain. It may be worthwhile to

think about some of the simple and natural things that can boost immunity. Very few people realize that the digestive system modulates the immune system, so if you have digestive issues you will have a compromised immune system. There are several supplements that are surprising immune boosters.

Probiotic Supplementation

A double-blind, placebo-controlled study appearing in the journal *Pediatrics* (2009: 124(2); e172-9) looked at the effect supplementation had in a group of children between the ages of three and five on their immune systems.

The 110 subjects were given either a placebo, lactobacillus acidophilus (a single probiotic), or a combination of probiotics.

Taking the probiotics provided the test group with a 53% lower incidence of fever for the

single strain and 73% reduction for the group taking the combination probiotic.

Probiotics also reduced other cold and flu symptoms including coughing and runny nose. The group taking the supplement also missed fewer days from day care, 32% fewer days missed for those taking the single strain and 28% fewer days missed for the combination product.

In the single strain group antibiotic use was also 68% less and 84% less in

the combination group, when compared to controls.

These are significant reductions and the authors concluded that daily probiotic supplementation for six months (fall/winter) was an effective way to reduce fever and other cold symptoms, and could lower antibiotic use and reduce the number of school days missed.



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Risks of Swine Flu Vaccination

So what are the risks of having the swine flu vaccination? The answer to this may depend on who you ask.

Dr. Joseph Mercola, a health activist, author and strong critic of the swine flu immunization program states, "There can be no argument that unnecessary mass injection of millions of children with a vaccine containing an adjuvant known to cause a host of debilitating autoimmune diseases is a reckless, dangerous plan". You can visit his website to see more at www.drmercola.com.

What Dr Mercola is referring to here is Squalene which is being used to reduce the amount of viral antigen

required in vaccines. This ingredient allows companies to produce more vaccines **for less money.**

There isn't a single vaccine containing squalene that is approved for use in America, according to Meryl Nass M.D., who notes that Novartis and GlaxoSmithKline will make use of it as a "novel feature of the H1N1 vaccines." Countless medical professionals and experts believe using it in immunizations is a bad idea. This is going to be somewhat experimental!

The H1N1 vaccination will **NOT** have had extensive testing for efficacy or side effects when it is released in

October 2009. Deaths from the vaccination outnumbered deaths from the 1976 swine flu outbreak. In addition recent legislation specifically exempts pharmaceutical companies from liability for deaths from the vaccination. Tamiflu has been shown to cause abnormal behavior, neuropsychiatry problems like convulsions, delusion and brain infection.

Some research indicates that vaccinations actually weaken the immune system. An educated decision between you and your health care professional is essential based on your individual health conditions and immune strength.



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What Are The Alternatives?

Try our Homeopathic all Natural Flu Protocol by taking Flu-Tone, Drainage-Tone, and Vaccin-chord.

Use for the first 15 days of the month, from October through until May to support your immune system. They are easy and convenient to take as drops in the mouth or in juice or water.

My family and I have followed this protocol for many years and we stay Flu and cold free every year.

This protocol will also prevent Avian Flu, Coughs, Airplane Flu, Epstein Bar Virus, and much more, while helping to support the spleen, thymus and lymphatic drainage, and the immune system.

We often hear it said that people "catch" a cold, or the flu, this always makes me laugh as I imagine people running down the road to catch a cold or the flu. What actually happens is that our immune systems are compromised and unable to fight off the cold and flu germs the way that it should.



Building and Maintaining a Healthy Immune System

It is important to prepare the immune system for winter months in advance. Here are some strategies to support immune health during the fall and during winter months.

- Optimize your vitamin D Levels.
- Eat plenty of in-season, fresh organic fruits and yellow, orange, green and root vegetables.
- Avoid sugar and minimize intake of dairy and wheat. Sugar immediately decreases immune function. Maintain a healthy lifestyle. Get eight hours of sleep, relax often, eat in moderation, drink plenty of pure water and decrease consumption of alcohol and coffee.
- Moderate exercise is vital to immune health by preventing a sluggish lymphatic system.
- Take Omega-3 oil to support immune health.
- Wash your hands to decrease the likelihood of spreading viruses.
- Address stress; stress decreases immune effectiveness and response.
- Make choices that promote strong immune function. For example switch from coffee to teas that are anti-microbial; eat garlic and onions for their antibacterial, antiviral and antifungal properties; add organic yogurt and supplement with live cultures of acidophilus for healthy gut flora from **Flora synergy**, **Flora Chewable** for kids (Energetix), **Bifidophilus** and **Acidophilus** (NSP).
- Take a good whole food multi-vitamin supplement such as **BioMatrix** (Energetix), **Super Supplemental** (NSP) **Vita wave** vitamin and mineral supplement (NSP) to ensure you are receiving the nutrient-rich building blocks for a strong immune system.
- For those with weakened immune systems, **Galt-Immune** (Energetix), and **Immune Stimulator** (NSP) are key players in assisting in restoring the integrity of the gut associated lymph tissue which consists of 70% of the immune system alone.
- **XenoForce** (Energetix) is a great immune booster if feeling run -down or over exposed to the elements.
- **XenoForce** Tea is a great way to enhance our immune defenses, and pleasant too. Add **Temple Guardian** (Energetix) to the **XenoForce** Tea if you are already suffering from a cold, flu, sore throat, fever, cough, Tonsillitis-acute, Otitis Media-acute, Measles, Pharyngitis, Sinusitis, Cold Sores, and Fever Blisters.

XenoForce Tea

3-4 capsules XenoForce
½ to 1 teaspoon of honey (to taste)
Freshly squeezed lemon juice (to taste)
Pinch of cayenne pepper (optional)
1 cup of boiling water
Break the capsules open and add to the water with all of the other ingredients.

All of the above products are available on request. Ask for them at my office or by phone on 678-778-6910.