

# THE FOUNDATION HEALTH FORUM

OCTOBER-DECEMBER 2009

## BEAT BACK COLDS AND FLU BEFORE THEY BEAT YOU

### THE TRUTH BEHIND SWINE FLU VACCINE

More than likely, you know someone who has been directly or indirectly affected by the swine (H1N1) flu. Although those with swine flu symptoms are generally laid up for days or weeks,<sup>1</sup> young adults or children with pre-existing health conditions have a greater risk of mortality.<sup>2</sup>

Additionally, swine flu has the potential to greatly impact employee and ultimately business productivity.<sup>3</sup> A Harvard School of Public Health study found that only 1/3 of the companies it surveyed indicated that they could sustain their business with severe operational problems if half their workforce were absent for two weeks due to the H1N1 virus.<sup>4</sup>

The federal government's solution to the swine flu (as well as all other seasonal ailments) has been predictable:

1. Centers for Disease Control hygiene guidelines.<sup>5</sup>
2. Official "sneeze-in-your-arm-not-your-hand" guidelines personally given by Health and Human Services Secretary Kathleen Sebelius.<sup>6</sup>
3. Encourage nearly everybody to get a swine flu shot.

Although the federal government insists swine flu vaccines are safe,<sup>7</sup> concerns about the swine flu vaccine persist, leading half of Americans to say they'll pass on the swine flu vaccine, and an even smaller percentage saying they'll have their children vaccinated<sup>8</sup> (in fact, famed Dr. Mehmet C. Oz stated on CNN that his four children and wife will not receive it).<sup>9</sup> Why not?

**Thimerosal is a Major Concern:** Thimerosal (a mercury-containing preservative used in some seasonal flu and swine flu vaccines and thought to cause autism in children)<sup>10</sup> is an ingredient in roughly 60% of the swine flu doses ordered for Americans.<sup>7</sup>



**Fast Tracked Approval:** British and American health care providers say the swine flu vaccine was approved too quickly, without appropriate testing for safety and effectiveness.<sup>11</sup> Because of this, many health care workers are refusing to receive the vaccine (for example, half of Hong Kong's – and 30% of England's nurses – are refusing the H1N1 vaccine, due to concerns about side effects and doubts about its efficacy).<sup>12</sup>

**Swine Flu Mutation:** Flus and viruses (including H1N1) constantly mutate.<sup>13</sup> That makes treating the virus a tremendous challenge.

### VACCINATION: THE *LAST RESORT*

Unlike the U.S. federal government, German military physicians and advisors are advising that soldiers not be given swine flu vaccines with thimerosal.<sup>14</sup> If you are determined to receive a swine or seasonal flu shot, you may want to highly consider doing the same and select only vaccines made without thimerosal.

Four companies make the swine and seasonal flu vaccines being used in the United States.<sup>15</sup> Below are some suggestions to ensure your vaccination is as safe as possible:

1. If you are determined to receive a swine (or seasonal) flu shot, decide today to avoid vaccines containing thimerosal.
2. Contact your health care practitioner. Insist on receiving a thimerosal-free shot. To confirm its thimerosal-free, ask who manufactured the vaccine, and if the vaccine came in a vial or single-dose, pre-filled syringe or sprayer.
  - Multi-dose vials contain thimerosal.
  - Single-dose syringes or sprayers made by Novartis also contain thimerosal.
  - **Single-dose syringes or sprayers made by CSL Limited, Sanofi Pasteur and MedImmune do not contain thimerosal.**

3. For the seasonal flu, “FluMist” (made by MedImmune) does not contain thimerosal.
4. To view each manufacturer’s vaccine package inserts (which lists their ingredients), review footnotes #44-#48 on the back of this newsletter, or visit the Employers Resource’s Immunity Central (see below).

## THE REAL REASON WHY YOU GET SICK

You do not get sick because your body is lacking some chemicals or deactivated viruses which are contained in flu vaccinations. Nor do you get sick by being exposed to germs or sick people. <sup>16</sup> Truth be told, bacteria and viruses:

- Are always in and out of your body. <sup>16</sup>
- Are controlled by your immune system. <sup>16</sup>
- Multiply when your immune system has been compromised. <sup>16</sup>

There are at least two reasons why your immune system becomes weakened:

1. **You’re getting older:** Physiologically, your thymus (which produces T-cells, which are critical in killing bacteria and viruses) was walnut-sized when you were a child. By puberty, it was the size of a pea. By age 50, it’s almost disappeared. <sup>17</sup>
2. **Your lifestyle:** During the wintertime, we spend less time outside, thus limiting the amount of vitamin D coursing through our bodies. <sup>16</sup> We also eat fewer fruits and vegetables, which are rich sources of vitamins C and E. <sup>16</sup> And naturally, we tend to not exercise as much in the wintertime. <sup>16</sup> These are among the main reasons why flus and colds are usually more prominent in the late fall/winter/early spring – because people are less healthy. <sup>16</sup>

## THE SECRET TO NATURALLY SUPERCHARGING YOUR IMMUNE SYSTEM

You can choose to get a flu shot, and have an increased chance of staving off the flu. You can also get an H1N1 shot, and have an increased possibility of preventing contracting H1N1. Of course, you still have to contend against many other ailments, like a cold, bronchitis or sinusitis.

Or you can choose to target all these conditions simultaneously. You can do this by naturally boosting your immune system so your daily lifestyle naturally overwhelms potential invasions to your immune system by bacteria or viruses. You can also have a battle plan ready and waiting if your immune system is ever compromised. Here’s how:

## YOUR IMMUNE SYSTEM BATTLE PLAN

**Reject Refined Sugar:** Sugar suppresses (at times, even paralyzes) your immune system. <sup>17</sup>



One study found that ingesting 100 grams of sugar (contained in one and a half cans of non-diet cola) can bring down your immune system for up to five hours. <sup>18</sup>

Another study showed that drinking 24 ounces (two cans) of non-diet cola reduced disease-fighting capabilities by half. <sup>19</sup>

**Adios Excess Alcohol:** Excess alcohol is a poison to every system of your body. <sup>20</sup> It rapidly raises blood sugar, <sup>17</sup> inhibits bone marrow’s ability to regenerate blood cells, is toxic to the liver, depletes B-vitamins and is dehydrating. <sup>20</sup>

**Rest:** Sleep is one of the most important things you can do to keep your immune system in optimal condition. While you sleep, your body is resting and refueling, as well as repairing and creating new cells, including those in your immune system. Conversely, sleep deprivation has a powerful effect on your immune system (most of us get 6 hours, 41 minutes of sleep, which is more than an hour shy of the eight hours that sleep experts say we ordinarily need). <sup>21</sup> Poor sleep is associated with lower immune system function and reduced T-killer cell count (a critical component to fighting off germs). <sup>22</sup>

**Minerals and Vitamins:** You need proper – not minimum – amounts of minerals and vitamins to minimize vulnerabilities in your immune system. Among the best are: <sup>23</sup>

1. **Vitamin C:** Vitamin C increases the production of infection-fighting white blood cells and antibodies. <sup>24</sup> It also keeps mucous membrane defenses intact. <sup>25</sup> Regimen: Kids up to age 6 can take 250 mg of vitamin C per day. Older kids and adults can take 500 mg per day. <sup>24</sup>
2. **Vitamin D:** Studies consistently show that adequate amounts of vitamin D3, or cholecalciferol, prevent colds and flus. <sup>12</sup> This is because vitamin D boosts production of immune system cells. <sup>25</sup> Research also shows that flus and colds are more likely to occur in the fall and winter (when vitamin D levels are low) and less likely or non-existent in the spring and summer (when vitamin D levels peak). <sup>26</sup> Regimen: Adults can safely take 10,000 IU <sup>27</sup> – and children can take 1,000 IU (for every 25 lbs. of body weight) <sup>28</sup> – of vitamin D3 daily.
3. **Zinc:** Scientists have found that zinc – a safe, effective way to boost the immune system – shortens the duration and severity of colds <sup>25</sup> and increases the production of white blood cells and antibodies that fight infection. Regimen: Doctors typically recommend 15 mg of zinc lozenges daily to prevent colds. <sup>29</sup>

4. *EpiCor*: Made from fermented baker's yeast and declared safe for all ages by the FDA, EpiCor reduces your chances of catching a cold or flu by 21%.<sup>30</sup> Regimen: Adults should take one 500 mg capsule of EpiCor.<sup>31</sup> For younger children who are unable to swallow a capsule, health professionals recommend opening the capsule and sprinkling the contents into cereal, oatmeal or yogurt and stirring well. Children: Under 40 pounds: 125 mg; 40-80 pounds: 250 mg; 80-120 pounds: 375 mg; >120 pounds: 500 mg.<sup>32</sup>
5. *Silver Sol*: This EPA-approved non-toxic substance looks and tastes like water. It is more effective than 19 antibiotics in killing many different bacteria and viruses.<sup>33</sup> When it comes into contact with a germ, it will destroy it in an average of six minutes.<sup>34</sup> Regimen: One teaspoon of Silver Sol taken daily in the morning and again at night provides proven elevated protection against a myriad of diseases.<sup>35</sup>

## IF ATTACKED, GO TO WAR

Should you develop cold or flu symptoms, do the following (in addition to the battle plan regimen):

**Cut the Caffeine:** Regularly drinking caffeine deprives the body of a relaxed state, places stress on the adrenal glands (already stressed out from our hectic lifestyles) and adversely affects the nervous system. *Hint:* Try milder forms of caffeine such as green tea, or even better, various caffeine-free coffee substitutes. Mix them with your coffee to gradually reduce your caffeine dependence.<sup>20</sup>

### Eat the Right Foods:

- Eat high-quality proteins, which help rapidly produce cells which support the immune system, prevent loss of lean muscle mass and boost energy.<sup>20</sup> This may include fish (like salmon, trout and tuna, which build the body's immune responses) or grass-fed beef.<sup>20</sup>
- Emphasize vegetables, fruits and whole grains.<sup>36</sup>
- Avoid bananas, oranges and citrus juices, peanuts, and dairy products (these increase mucous formation and encourage virus development).<sup>36</sup>

**Super Supplementation:** As your body fights infection, it uses extra vitamins and minerals. It needs extra nutrition in its battles for immune system supremacy.<sup>23</sup>

1. *Vitamin C*: Take 1-2 grams of vitamin C every 3-4 hours and drink plenty of water.<sup>23</sup> Instead of taking one large dose, it is best to space vitamin C supplementation throughout the day.<sup>24</sup>
2. *Vitamin D*: Adults can safely take 50,000 IU of vitamin D3 daily for 10 days. Children can take 10,000 IU for every 25 lbs of body weight.<sup>27</sup>
3. *Zinc*: Children up to age 6 years can take 10-20 mg per day.<sup>24</sup> For older kids and adults, the effective zinc dosage is 13mg every two hours.<sup>37</sup>
4. *EpiCor*: A second daily dosage of EpiCor may be taken<sup>38</sup> to ensure that throughout the day, your immune system defenses are boosted by 400%.<sup>39</sup>
5. *Silver Sol*: Drink two teaspoons 2-4 times a day. If you are having difficulty breathing, inhale from a nebulizer 15 minutes twice a day and spray into the nostrils and sinuses for congestion, as needed.<sup>40</sup>

## DROP THE BOMB

Employers Resource has learned first-hand that those exhibiting swine flu have seen symptoms disappear as fast as four hours and as slow as two days using the following combination of products (all manufactured by Biotics Research Corporation):

	Children	Adults
IAG Powder	1 teaspoon	1 tablespoon
Iodine	1/2 dropper	1 dropper
C/Cal/Mag Powder ( <i>if fever</i> )	1 teaspoon	1 tablespoon

These ingredients have been administered by mixing all three items in water or juice, waiting a few minutes for the products to dissolve, mixing it again, then drinking. In the cases noted above, individuals with swine flu symptoms used the formulation 3-7 times a day.

Why is this regimen so effective?

- *IAG Powder*: One researcher calculated that 1 tsp of IAG powder has the power of several bottles of commercially available liquid Echinacea. That's because IAG powder contains up to 99% pure arabinogalactans (naturally-occurring, immune-boosting substances). Echinacea only contains about 6% arabinogalactans.<sup>41</sup>
- *Iodine*: Used in treating lung congestion.<sup>42</sup>
- *C/Cal/Mag Powder*: When you develop a fever, your body needs (and steals) calcium from your body's tissues. The calcium/magnesium/vitamin C in this powder promotes enhanced white blood cell activity, boosting your ability to combat a fever.<sup>43</sup>

## CALL TO ACTION

1. **Build your immune system now** by living an immune-boosting lifestyle and developing your stockpile of proven preventive and reactive measures.
2. **Visit Employers Resource's Immunity Central** ([www.employersresource.com/immunity](http://www.employersresource.com/immunity)) for:
  - Current information about swine and seasonal flus
  - Nutrition and Exercise Tips
  - In-Depth Supplementation Facts (*including where and how to purchase supplements*)
  - In-Depth Vaccination Facts
3. **Discuss** these facts with friends and loved ones.

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