

# THE FOUNDATION HEALTH FORUM

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## YOUR BEST SHOT AT AVOIDING THE FLU...MAY BE NO SHOT AT ALL

This year, thousands of Americans are laughing in the face of the flu.

They are no longer relying solely on hit-and-miss preventive measures based on historically-incorrect human judgment.

Instead, they are working smarter, supercharging their immune systems so that very few viral or bacterial invaders get past their immune system's defenses.

For them, "sick days" are a foreign concept.

### FLU FACTS

Influenza (or the "flu") is a highly contagious viral infection of the nose, throat and lungs. The official flu season runs October 15 through May 15. Disease activity usually peaks between January and March. <sup>1</sup>

The flu is the seventh leading cause of death in the U.S.<sup>2</sup> This year, one out of every five Americans will develop flu symptoms. More than 200,000 Americans will be hospitalized -- and about 36,000 will die -- due to flu-related complications. <sup>3</sup>

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass the flu to someone else before you know you are sick, as well as while you are sick. <sup>4</sup>



Symptoms include:

- Fever (usually high)
- Chills
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Nausea/vomiting
- Diarrhea <sup>4</sup>

### WHY FLU SHOTS ARE JUST A SHOT IN THE DARK

Every year, a panel of scientists examines international data based on a combination of guesswork, flu outbreaks in Asia and the recommendations of the World Health Organization. From this, and much more data, three different flu strains are selected in the spring as the following fall's worldwide flu vaccination. <sup>1</sup> The viruses in the vaccine change each year based on new data obtained during a given year. <sup>5</sup>

Unfortunately, these vaccines have some serious, and at times fatal, flaws:

1. Flu "experts" often guess wrong.

1994: Experts predicted that Shangdong, Texas, and Panama strains would be prevalent that year. Millions of people were vaccinated with a flu shot that contained these viruses. However, when winter arrived, the Johannesburg and Beijing strains of influenza circulated through society. The vaccine was ineffective. <sup>6</sup>

This happened again in 1996, and again in 1997. <sup>6</sup>

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“There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them, anyway.”

*Dr. J. Anthony Morris (former Chief Vaccine Control Officer, U.S. Food and Drug Administration)* <sup>6</sup>

The 2003-2004 flu season contained flu strains that did not circulate through society that year. Officials were once again forced to admit that millions of people were vaccinated with an ineffective vaccine. <sup>7</sup>

2. Incorrect flu vaccine estimates can have deadly consequences.

In the 2003-2004 flu season, federal health agencies urged Americans to get vaccinated with a flu vaccine that later proved to be ineffective in protecting against the most serious, dominant flu strain. In December 2003, flu-related deaths among several children began surfacing, including a 20-month old Colorado boy who had been vaccinated. <sup>8</sup>

A 2006 study published in the *British Medical Journal* later found that “in healthy people under 65, vaccination did not affect hospital stay, time off work, or death from influenza and its complications.” <sup>9</sup>

3. Flu vaccines do not protect against all respiratory viruses.

Flu vaccines are formulated to fight influenza, not illnesses caused by other germs. “What people don’t understand is there are multiple respiratory viruses out there,” Dr. Kathleen Gensheimer, State Epidemiologist, Maine Center for Disease Control and Prevention, says. <sup>10</sup>

In years when it is well-matched to the flu viruses in circulation, **the vaccine is 70% to 80% effective in healthy adults, less in older people.** <sup>10</sup>

4. Flu vaccines are no guarantee of reduced sick leave hours.

Doctors at the prestigious Cochrane Collaboration, a respected international organization that reviews the effectiveness of medical treatments, researched a simple question: how effective are flu vaccines for healthy people under the age of 60? They reviewed 25 good quality clinical trials, published in medical journals between 1969 and 2002, in which healthy people between the ages of 14 and 60 years had been randomly given either an actual or placebo vaccine. Their conclusion? Only six percent fewer vaccinated people got the flu, compared to the unvaccinated people. In addition, the influenza vaccine did not

reduce the number of working days lost, nor did it reduce the incidence of flu-related complications, deaths or hospitalizations. <sup>11</sup>

## EFFECTIVE, LOW-COST STRATEGIES TO PREVENT GETTING THE FLU

Like many things in life, the best solutions lie right under our noses. Flu prevention strategies are no different:

1. Soap and water...

Scrub your hands for at least 15 seconds in soap and warm water (especially around the nails) before eating or handling food and after contact with any potential contaminants. <sup>12</sup>

2. ...and more water

Because water helps your body flush impurities, make water an integral part of your daily diet. Drink dozens of ounces of water per day. <sup>13</sup>

3. Proper nutrition

Boost your immune system’s responsiveness by eating real, whole foods -- including vegetables and fruits. <sup>14</sup>

4. Sleep

Get seven to nine hours of sleep a night. Chronic sleep deprivation can reduce your immune response. <sup>15</sup>

5. Exercise

Exercising increases your circulation and your blood flow throughout your body. Your immune system is also better circulated, giving it a better chance of detecting and fighting an illness at its onset. <sup>16</sup>

6. Keep your distance

Avoid close contact with people who are sick. The germs that cause influenza are spread up to three feet when those with the flu cough or sneeze. If you’re ill, stay home. You can help prevent others from getting sick. <sup>17</sup>

“Congress and the American taxpayer have been defrauded about the alleged advantages of flu shots. Instead of being an effective prevention, evidence indicates that flu shots may be worthless. The benefit is for those who make money from them.”

*Dr. Kristine Severyn, RPh, PhD (Founder and Director of Vaccine Policy Institute, “Flu Shots? Do They Really Work?”*

7. Reduce (or eliminate) sugar intake

One teaspoon of sugar can bring the immune system down for up to 6 hours. Natural, healthy substitutes for sugar are stevia, agave nectar and Xylitol. It is best for you to satisfy your taste buds with fresh, organic fruits. Be sure to eat the whole fruit, as juicing your fruit may adversely affect your blood sugar levels. <sup>18</sup>

8. Make Vitamin C usage a daily habit.

Consume at least 2000mg of Vitamin C (sodium ascorbate) daily -- for example, 500mg every 4 hours. Vitamin C increases white blood cell production and is important to immune system balance. Studies have related low Vitamin C levels to increased risk for infection. <sup>19</sup>

**EPICOR: AN IMMUNE BOOSTER WHICH PREVENTS FLU AND REDUCES SICK LEAVE HOURS TO ZERO.**

In 2004, insurance adjusters noticed that employees of Diamond V Mills, Inc., a leading animal food additive manufacturer, had unusually low sick leave rates and filed significantly fewer benefits claims than employees of similarly-sized companies.

In fact, while 2004 annual insurance premiums increased an average of 11.2% nationally, their premiums did not increase at all. Employees who worked directly with yeast culture -- the company's flagship product -- were routinely not using up sick leave days.

The company commissioned a study to find out. The result: they had dramatically increased their immune system's ability to blockade and fight infection.

After conducting these studies, an expert panel of toxicologists -- Chaired by the former Food and Drug Administration Director of the Division of Drugs and Environmental Toxicology and including EPA scientists and the editor of the *Food and Chemical Toxicology Journal* -- was assembled to review the data. <sup>20</sup>

As a result of the panel's review, the yeast culture - - named EpiCor -- received the FDA's Generally Recognized As Safe (GRAS) classification. This safety is based on years of studies which have found that EpiCor:

- Increases immune system response (via NK, or Natural Killer cells) four-fold.
- Dramatically increases levels of antibodies.
- Has no side effects.
- Is non-toxic and pesticide-free.
- Has higher antioxidant levels than blueberries. <sup>20</sup>

Comparing the facts -- between flu vaccines and EpiCor -- demonstrates the superiority of EpiCor:

Flu Vaccines	EpiCor
"Experts" often guess wrong.	<b>Studies consistently prove effectiveness.</b>
Incorrect estimates can have deadly consequences.	<b>FDA-certified Generally Recognized As Safe.</b>
Do not protect against all respiratory viruses.	<b>Dramatically boosts immune system, which combats all respiratory viruses.</b>
No guarantee of reduced sick leave hours.	<b>Proven effective in reducing sick leave hours.</b>

CALL TO ACTION

**BEAT BACK THE FLU -- AND LOWER YOUR SICK LEAVE USAGE -- STARTING TODAY!**

Embria Health Sciences of Des Moines, Iowa is a wholly-owned subsidiary of Diamond V Mills, Inc. It is the official manufacturer of raw EpiCor, which is then sold via eight distributors nationwide.

After extensive research, Employers Resource has determined that EpiCor sold by Vitamin Research Products (VRP; www.vrp.com) of Carson City, NV has the most stringent quality controls, is the highest quality product and has the best value in the EpiCor market today. When you take EpiCor sold by VRP, you are assured that you're taking EpiCor, not fillers or additives.

Employers Resource is so convinced of EpiCor's benefits and the quality of EpiCor sold by VRP, we are making it available at a discount to Employers Resource clients and co-employees.



To order your own 90-day bottles of EpiCor, please contact your local Client Service Representative today.

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The material contained in this publication has been carefully researched and is believed to be reliable and accurate. However, it is not presented as medical advice; nor is it intended to replace medical advice offered by physicians. It is offered as educational information, intended to provide health professionals, organizations and consumers with options to help them better understand human health and/or diagnosed disorders. By providing access to this information, it is not the intention of Employers Resource Management Company, Inc. to provide specific medical advice for particular patients. Rather, we urge patients and/or their representatives to review this material and then to consult with a licensed health professional for evaluation of treatment options suitable for them as well as for diagnosis and answers to their personal medical questions. Employers Resource is not affiliated with EpiCor, Vitamin Research Products, Embria Health Sciences or Diamond V Mills, Inc.

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