



fatigue and fever. (Typical flu symptoms)

But this flu appears to be quite deadly to humans because we don't have a built in immunity to it.

### **HOW DOES INFLUENZA SPREAD?**

Influenza is a virus. It is generally spread through air borne droplets and is inhaled in the respiratory tract. It incubates in the body from one to four days before a person feels ill. The major complication of flu is pneumonia from the influenza itself or bacterial pneumonia from pneumococcus or haemophilus.

Birds transmit this disease the same way that humans do: sneezing, coughing, and touching other birds.

### **IS THERE A BIRD FLU TEST?**

The current bird flu is diagnosed by testing the blood for antibodies to the H5N1 strain. The test is 100% accurate, though it won't tell how sick a bird (or a person) is.

### **IS THERE A CURE IF YOU GET IT?**

As with other influenza strains, there is no cure. The body's own immune system fights it, and anti viral drugs such as amantadine, ramitidine, Relenza, Tamiflu are probably all effective against H5N1 bird flu, although the degree of effectiveness hasn't been shown.

Although there have been over a hundred reported human cases so far in Asia, it's not clear if more people have it, but it just didn't make them sick. With most cases of the annual flu virus, the vast majority of people get better without serious treatment as their immune systems fight off the virus. The key is how healthy is one's immune

system response and in cases where prolonged recuperation or hospitalization becomes necessary that worry doctors.

### **HOW FAST CAN A HUMAN PANDEMIC SPREAD?**

Governor Bush is particularly worried for Florida because of the huge amounts of tourists that fly in from other countries. Air travel is going to accelerate transmission from around the world. We don't have systems in place to test people at airports or to tell people that can't enter our country if they are sick. Certainly those kinds of procedures could be implemented if huge numbers of people start coming down with this disease. And we will all be walking around with masks on our faces and gloves on our hands.

*A sneeze or a cough can propel a virus ten to twelve feet. Cigarette smoke can also spread respiratory viruses, so smokers (and smoker's friends) have to be very careful when they are sick not to blow smoke into rooms of people.* If you are like me, you keep a considerable distance between yourself and a cigarette smoker anyway. (I won't take the time to launch into one of my diatribes about passive smoke – BUT I HAVE STRONG OPINIONS ABOUT ...never mind.)

### **BASIC PRECAUTIONS YOU CAN TAKE**

This first one is of course to become more fastidious about washing your hands in public. This is always a good idea to protect yourself against ALL respiratory and gastrointestinal viruses, from the common cold to influenza to mononucleosis.

If you already suffer from a weakened immune system (most people

do) and/or suffer from upper respiratory disorders where you are constantly on medications/inhalers, then it probably isn't too late to begin investigating a face mask that will afford protection when you are in public. The thin paper ones are not going to do the trick.

Isolating sick people is the best protection against the spread of the Bird Flu. Unfortunately, this person could have been spreading the virus for several days before becoming clinically ill. Hopefully, with the fast spread of this information about this new strain of virus, people will become more responsible about isolating themselves from others and taking extra precautions about limiting person contacts in the "window period" until they are certain of their symptoms. Don't count on this happening very often.

And be assured that right now casual contact with birds will not give you the flu. Bird feeders are safe; pigeons are safe; and if you encounter a dead bird, do not assume it died of the bird flue. You are protected by a species barrier; it is very difficult for you to get this virus from birds, even in parts of Asia where the virus is endemic in birds.

## **BUILDING YOUR IMMUNE RESPONSE:**

The good news is there is so much YOU CAN DO to build your body's immune system in the event of exposure. Again, as with the Spanish Flu of 1918, there were millions of people who were exposed, but they didn't get the disease. We should wonder what made the difference but why take a chance? Start now, today, not tomorrow, to build your immune system army specifically and overall health generally.

## **WHERE TO BEGIN**

You cannot build your immune system this if you are already dealing with a body whose elimination channels are already filled with toxic overload or already weakened from symptoms of chronic disease. If you are one of these people, THEN IT IS REALLY IMPORTANT TO GET STARTED NOW because you already have a compromised immune system. When this happens you are walking target for a wandering virus.

I don't want to spend time in this newsletter going over the huge amount of information available to detox your body. I wrote about that in HEALTH TIDBITS newsletter (2005 , volume #5). And many of you have attended a seminar that I taught on this subject. Again, if you need another copy of that newsletter, let me know.

Suffice it to say, if you want your immune system available to ward off disease, first you must free it up from having to deal with all the toxins that may be currently floating around in your system. Remember the elimination systems need to be clean in order to be able to rid the body of toxins in an efficient and timely manner. To summarize the eliminations systems are: Colon, bowel, skin, lungs, kidneys, liver, blood, lymph. And if your digestive system is not functioning properly, then your body isn't receiving the full benefit of your nutrition.

Having said that, then there are some powerful natural healing remedies available to help build your body's immune response. There are also a host of others in the event you come down with influenza. Should you be exposed to the Bird Flu, what other approach

makes sense? You can at least prepare your herbal medicine cabinet in advance.

### **HERBAL IMMUNE SYSTEM BUILDERS & Other natural remedies to assist with flu symptoms:**

Most of you reading this newsletter are users of Nature's Sunshine remedies and already have access to the ones I am going to mention. Anyone else wishing access to them can contact me or the company. Either way, you will get these remedies wholesale....the same that I pay for them.

Now ...in case someone might think that the purpose of this newsletter is strictly to sell lots of product, **YOU ARE WRONG!** There are many other products available on the market, I just don't see wasting my time researching when I **KNOW** how powerful the following remedies are. I have been using Nature's Sunshine individual and combination herbs for close to 12 years and have had remarkable healing results with many many sick people.

In addition, I have become a patron of **JUICE PLUS** in the last six months. This is another remarkable product for helping to build the body. Because of its high impact of condensed fruits and vegetables, it is one of the best antioxidant/free radical fighters on the market. If you are like me and have a hard time eating enough healthy fresh fruits and veggies every day, you might find solace in this product as well. I have seen some interesting changes in my own body and I also have piece of mind that I'm not overlooking essential nutrients daily. You will have to contact me direct if you want to know more about Juice Plus.

### **OK –HERE WE GO:**

1. **IMMUNE STIMULATOR:** this is one of the powerful combination remedies I use in my healing work with cancer patients. Includes: Beta Glucan; colostrums; Arabinogalactan; Cordyceps; Maitake and Reishi Mushroom—Not only will this remedy build your immune system, it has specific antibacterial, antioxidant, anti-tumor and anti **VIRAL** activity.

Those of you who attended my cancer and herbs class heard me speak about the individual agents in this remedy.

2. **ULTIMATE ECHINACEA:** The mechanism by which Echinacea strengthens the immune system to counter bacterial and viral infection is remarkable. Echinacea contains polysaccharides which resemble bacteria, causing the immune system to regard them as foreign invaders. The immune system then builds up its defenses against Echinacea increasing the body's production of white blood cells, thereby becoming stronger and more capable of fighting a real bacterial infection. Even if an individual is exposed to a virus, Echinacea can block virus receptors on the surface of cells, thus preventing a virus from "taking hold."
3. **ASTRAGALUS:** The Chinese have known that this herb helps the body resist viral infections, particularly in the lungs by increasing production of interferon, an immune factor

that inhibits viral growth. It facilitates the activity of macrophages, increases NK Natural killer cell and T-cell activity; stimulates antibody production, increases levels of immunoglobulins and potentiating antiviral mechanisms. This is another remedy I use with my cancer patients because it has been shown to enhance the induction of interferon by peripheral white cells after only 2 weeks of daily intake. This herb demonstrates particular usefulness in cases where the immune system has been compromised by chemicals and radiation.

4. **GARLIC:** This is a very effective old time remedy that has an affinity for the respiratory tract. It benefits the bronchial secretions and yet it will diffuse rapidly through the whole body. It is antiseptic antiviral and anti bacteria, good for infections of any kind, soothes chronic cough, reduces nasal mucus and good for sore throat. It has too many actions to list here. EAT TONS OF IT. Or you can get the High Potency garlic capsules from NSP – don't worry no bad breath.
5. **GOLDENSEAL:** Reduces fever; inflammation, pain in mucosal tissues – associated with glandular swelling and sinusitis. It is great mixed with other herbs for INFLUENZA.
6. **OLIVE LEAF EXTRACT:** Can kill many kinds of viruses, retro virus, bacteria. It has the

ability to interfere with critical amino acid production for viruses; it can contain viral infection by inactivating viruses through preventing virus budding or assembly; and it has the ability to penetrate infected cells and stop viral replication there. Olive leaf is also effective against antibiotic resistance bacteria, yeast strains and fungus.

7. **ELDERBERRY:** one of the most effective herbs for preventing and treating upper respiratory infections and fever. Stimulates the immune system. Elderberry contains substances called *sambucus nigra agglutinins* ( *SNas*) that can “lock” on receptor sites on certain strains of flu viruses. This keeps the viruses from infecting human cells. Other flu strains send out enzymes “spikes” to dissolve the walls of healthy cells, allowing the virus to enter and infect the cell. Compounds in elderberry thwart this process, offering protection against at least eight strains of human influenza virus. Since flu shots immunize against one, two or at most three strains of virus, elderberry extracts offer significant added protection. A clinical trial of elderberry found that it cured 90% of flu infections within seventy two hours. Also relieves nasal congestion, fever and sore throat.

