WHAT YOU CAN DO TO PREVENT SWINE FLU

(THE VACCINE DOESN’T WORK)

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www.chirovideo.com

Version 1.00
May, 2009

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**Introduction**

Like people, pigs can get the flu, but swine flu viruses aren't the same as human flu viruses. Swine flu doesn't often infect people, and the rare human cases that have occurred in the past have mainly affected people who had direct contact with pigs. But the current swine flu outbreak is different. It's caused by a new swine flu virus that has spread from person to person -- and it's happening among people who haven't had any contact with pigs.

Swine flu is a contagious respiratory disease, caused by a type-A influenza virus that affects pigs. The current strain A(H1N1), is a new variation of an H1N1 virus-which causes seasonal flu outbreaks in humans-that also contains genetic material of bird and pig versions of the flu.

The purpose of this e-book is to explain what swine flu is, where it came from, the potential dangers of flu vaccines and effective natural ways of preventing it. I also cover how to take care of a person who is sick with the swine flu in the home and frequently asked questions about swine flu.
Chapter 1: SYMPTOMS OF SWINE FLU

What are the signs and symptoms of this virus in people?

The symptoms of this new influenza A H1N1 swine flu virus in people are similar to the symptoms of regular human flu and include:

• Fever greater than 100
• Cough
• Runny nose
• Sore throat
• Severe headache
• Body and joint aches
• Chills and fatigue

A significant number of people who have been infected with this virus also have reported lack of appetite, diarrhea and vomiting. Also, like seasonal flu, severe illness and death has occurred as a result of illness associated with this virus.

In children emergency warning signs that need urgent medical attention include:
• Fast breathing or trouble breathing
• Bluish or gray skin color
• Not drinking enough fluids
• Not waking up or not interacting
• Being so irritable that the child does not want to be held
• Flu-like symptoms improve but then return with fever and worse cough
• Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

• Difficulty breathing or shortness of breath
• Pain or pressure in the chest or abdomen
• Sudden dizziness
• Severe or persistent vomiting
• Confusion

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Chapter 2: SWINE FLU PANDEMIC-FACT OR FICTION?

Interestingly enough, this version has never before been seen in neither human nor animal. This does sound bad. But not so fast. There are a few reasons to not rush to conclusions that this is the deadly pandemic we've been told would occur in the near future (as if anyone could predict it without having some sort of inside knowledge).

On Wednesday April 29th, the World Health Organization (WHO) raised its pandemic alert level to five on its six-level threat scale, which means they've determined that the virus is capable of human-to-human transmission. The initial outbreaks across North America reveal an infection already traveling at higher velocity than did the last official pandemic strain, the 1968 Hong Kong flu.

Phase 5 had never been declared since the warning system was introduced in 2005 in response to the avian influenza crisis. Phase 6 means a pandemic is under way.

Several nations have imposed travel bans, or made plans to quarantine air travelers that present symptoms of the swine flu despite the fact that WHO now openly states it is not possible to contain the spread of this infection.

What is a pandemic?

A pandemic means that a new infectious disease is spreading throughout the world.
By definition, a "pandemic" is an epidemic that is geographically widespread. Fear-mongers are always careful to add the innuendo that millions of people could and probably will die, as in the Spanish Flu pandemic of 1918 that killed about 20 million people worldwide.

How does the death of even a few hundred equate to 20 million?

**Much Fear Mongering Being Promoted**

I suspect you have likely been alarmed by the media's coverage of the swine flu scare. It has a noticeable subplot - preparing you for draconian measures to combat a future pandemic as well as forcing you to accept the idea of mandatory vaccinations.

On April 27, Time magazine published an article which discusses how dozens died and hundreds were injured from vaccines as a result of the 1976 swine flu fiasco, when the Ford administration attempted to use the infection of soldiers at Fort Dix as a pretext for a mass vaccination of the entire country.

Fear has become so widespread that Egypt has ordered the slaughter of the country’s 300,000 pigs, even though no cases have been reported there.

**This is not the first swine flu panic**

The key is to remain calm -- this isn't the first time the public has been warned about swine flu. The last time was in 1976.
Do you happen to recall the result of this massive campaign?

Within a few months, claims totaling $1.3 billion had been filed by victims who had suffered paralysis from the vaccine. The vaccine was also blamed for 25 deaths.

However, several hundred people developed crippling Guillain-Barré Syndrome after they were injected with the swine flu vaccine. Even healthy 20-year-olds ended up as paraplegics.

And the swine flu pandemic itself? It never materialized.

**More people died from the swine flu vaccine than swine flu!**

It is very difficult to forecast a pandemic, and a rash response can be extremely damaging.

Do you remember when President Bush said 2 million Americans would die as a result as a result of the bird flu?

In 2005, in 2006, 2007, and again in 2008, those fears were exposed as little more than a cruel hoax, designed to instill fear, and line the pocketbooks of various individuals and industry.1
Chapter 3: OFFICIAL REPORTS OF FLU CASES

Influenza A(H1N1) - update 20

7 May 2009 -- As of 18:00 GMT, 7 May 2009, 24 countries have officially reported 2371 cases of influenza A (H1N1) infection.

Mexico has reported 1112 laboratory confirmed human cases of infection, including 42 deaths. The United States has reported 896 laboratory confirmed human cases, including two deaths.

Related links

Map of the spread of Influenza A(H1N1): number of laboratory confirmed cases and deaths [png 201kb]
As of 7 May 2009, 18:00 GMT

Influenza A(H1N1) web site
Daily updates will be posted on this site.

The following countries have reported laboratory confirmed cases with no deaths - Austria (1), Canada (201), China, Hong Kong Special Administrative Region (1), Colombia (1), Costa Rica (1), Denmark (1), El Salvador (2), France (5), Germany (10), Guatemala (1), Ireland (1), Israel (6), Italy (5), Netherlands (2), New Zealand (5), Poland (1), Portugal (1), Republic of Korea (3), Spain (81), Sweden (1), Switzerland (1) and the United Kingdom (32).
WHO is not recommending travel restrictions related to the outbreak of the influenza A(H1N1) virus.

Individuals who are ill should delay travel plans and returning travelers who fall ill should seek appropriate medical care. These recommendations are prudent measures which can limit the spread of many communicable diseases, including influenza.

Further information on the situation will be available on the WHO website on a regular basis.

**Current state of swine flu spread**

The number of fatalities, and suspected and confirmed cases across the world change depending on the source, so your best bet -- if you want the latest numbers -- is to use [Google Maps' Swine Flu Tracker](http://maps.google.com/flu).  

*The United States has had 141 confirmed cases, and one death BUT no deaths from US Citizens. On April 29th CNN reported the first swine flu fatality in the US, however this was actually a child from Mexico that died in Texas.*

It is important to note that nearly all suspected new cases have been reported as mild.

But it does raise serious questions about where this brand new, never before seen virus came from, especially since it cannot be contracted from eating pork products, *and* has never before been seen in pigs, *and* contains traits from the bird flu -- *and* which, so far, only seems to respond to Tamiflu. Are we just that lucky, or... what?2
Chapter 4: FLU FEAR IS GOOD FOR DRUG COMPANY PROFITS

Finally, the pieces of the puzzle start to add up. Not long ago, President Bush sought to instill panic in this country by telling us a minimum of 200,000 people will die from the avian flu pandemic, but it could be as bad as 2 million deaths in this country alone.

This hoax is then used to justify the immediate purchase of 80 million doses of Tamiflu, a worthless drug that in no way, shape or form treats the avian flu, but only decreases the amount of days one is sick and can actually contribute to the virus having more lethal mutations.

So the United States placed an order for 20 million doses of this worthless drug at a price of $100 per dose. That comes to a staggering $2 billion.

We are being told that Roche manufactures Tamiflu and, in a recent New York Times article, they were battling whether or not they would allow generic drug companies to help increase their production.

But if you dig further you will find that a drug was actually developed by a company called Gilead, which 10 years ago gave Roche the exclusive rights to market and sell Tamiflu.

Ahh, the Plot Thickens ...

Defense Secretary Donald Rumsfeld was made the chairman of Gilead in 1997.
The drug was developed by Gilead Sciences. Mr. Rumsfeld was on the board of Gilead between 1988 and 2001, and was chairman starting in 1997. When he left to join the Bush administration, he retained a large shareholding.

Since Rumsfeld holds major portions of stock in Gilead, he handsomely profited from the scare tactics of the government that used to justify the purchase of $2-billion worth of Tamiflu. Secretary of Defense Donald Rumsfeld has made more than $5 million from selling shares in the firm that discovered and developed the flu drug Tamiflu.

He also retains shares worth $25 million or more. Tamiflu is bought in mass quantities by the government in order to treat a predicted outbreak of avian flu.

Divestiture of his stocks in the corporation is not required by the Office of Government Ethics or the Department of Defense Standards of Conduct Office.

In 2003, the year before concerns about bird flu began, the company took a loss. But in 2004, Tamiflu sales nearly quadrupled, and then nearly quadrupled again in 2005.

Tamiflu (oseltamivir phosphate) is approved for treatment of uncomplicated influenza A and B in children 1 year of age or older. It is also approved for prevention of influenza in people 13 years or older. It’s part of a group of anti-influenza drugs called neuraminidase inhibitors, which work
by blocking a viral enzyme that helps the influenza virus to invade cells in your respiratory tract.

According to the Associated Press at least one financial analyst estimates up to $388 million worth of Tamiflu sales in the near future\textsuperscript{10} -- and that's without a pandemic outbreak.

More than half a dozen pharmaceutical companies, including Gilead Sciences Inc., Roche, GlaxoSmithKline and other companies with a stake in flu treatments and detection, have seen a rise in their shares in a matter of days, and will likely see revenue boosts if the swine flu outbreak continues to spread.

Swine flu is extremely convenient for governments that would have very soon have to dispose of billions of dollars of Tamiflu stock, which they bought to counter avian flu, or H5N1. The US government ordered 20 million doses, costing $2 billion, in October, 2005, and around that time the UK government ordered 14.6 million doses. Tamiflu’s manufacturer, Roche, has confirmed that the shelf life of its anti-viral is three years.

As soon as Homeland Security declared a health emergency, 25 percent -- about 12 million doses -- of Tamiflu and Relenza treatment courses were released from the nation's stockpile. However, beware that the declaration also allows unapproved tests and drugs to be administered to children. Many health and government officials are more than willing to take that chance with your life, and the life of your child. But are you?\textsuperscript{3,4}
Chapter 5: FLU VACCINES

Tamiflu is loaded with side effects, including death and can only reduce symptoms by 36 hours at best

Please realize that Tamiflu is NOT a safe drug. Serious side effects include convulsions, delirium or delusions, and 14 deaths in children and teens as a result of neuropsychiatric problems and brain infections. In November of 2005 Japan’s health ministry issued a warning of dangerous behavioral side effects linked to the anti-influenza drug Tamiflu. This came amid reports that several children in Japan died after taking the medication. Japan actually banned Tamiflu for children in 2007.

Remember, Tamiflu went through some rough times not too long ago, as the dangers of this drug came to light when, in 2007, the after you FDA finally began investigating some 1,800 adverse event reports related to the drug.

Additionally common side effects of Tamiflu include:

- Nausea
- Vomiting
- Diarrhea
- Headache
- Dizziness
- Fatigue
- Cough

All in all, the very symptoms you’re trying to avoid.
Additionally, Tamiflu has been reported to be ineffective against seasonal flu outbreaks, and may not be sufficient to combat an epidemic or pandemic.

But making matters worse, some patients with influenza are at HIGHER risk for secondary bacterial infections when on Tamiflu. And secondary bacterial infections, as I mentioned earlier, was likely the REAL cause of the mass fatalities during the 1918 pandemic!

Chronic mercury exposure is also a threat to our health and makes us especially vulnerable to flu infections. Mercury exposure will make flu symptoms worse and even more dangerous, and that is one reason the flu vaccine is deadly because most brands include thimerosal which is almost 50% mercury.

But here’s the real kicker.

When Tamiflu is used as directed (twice daily for 5 days) it can only reduce the duration of your flu symptoms by 1 to 11/2 days, according to the official data.

Why on earth would anyone want to take a drug that has a chance of killing you, was banned in Japan, is loaded with side effects that mimic the flu itself, costs over $100, and AT BEST can only provide 36 hours of SYMPTOM relief. It doesn't make any sense.

Should you accept a flu vaccine-just to be safe?

As stated in the New York Times and elsewhere, flu experts have no idea whether the current seasonal flu
vaccine would offer any protection whatsoever against this exotic mutant, and it will take months to create a new one.

But let me tell you, getting vaccinated now would not only offer no protection and potentially cause great harm, it would most likely be loaded with toxic mercury which is used as a preservative in most flu vaccines..

I do not recommend flu vaccines to anyone. No matter what you hear -- even if it comes from your doctor -- don't get a regular flu shot. They rarely work against seasonal flu...and certainly can't offer protection against a never-before-seen strain.

Currently, the antiviral drugs Tamiflu and Relenza are the only drugs that appear effective against the (human flu) H1N1 virus, and I strongly believe taking Tamiflu to protect yourself against this new virus could be a serious mistake -- for all the reasons I already mentioned above.

But in addition to the dangerous side effects of Tamiflu, there is also growing evidence of resistance against the drug. In February, the pre-publication and preliminary findings journal called Nature Precedings published a paper on this concern, stating:

*The dramatic rise of oseltamivir [Tamiflu] resistance in the H1N1 serotype in the 2007/2008 season and the fixing of H274Y in the 2008/2009 season has raised concerns regarding individuals at risk for seasonal influenza, as well as development of similar resistance in the H5N1 serotype [bird flu].*
Previously, oseltamivir resistance produced changes in H1N1 and H3N2 at multiple positions in treated patients. In contrast, the recently reported resistance involved patients who had not recently taken oseltamivir.

It's one more reason not to bother with this potentially dangerous drug.

And, once a specific swine flu drug is created, you can be sure that it has not had the time to be tested in clinical trials to determine safety and effectiveness, which puts us right back where I started this article -- with a potential repeat of the last dangerous swine flu vaccine, which destroyed the lives of hundreds of people. Topping the whole mess off, of course, is the fact that if the new vaccine turns out to be a killer, the pharmaceutical companies are immune from lawsuits.
There are currently about 653 reported cases of swine flu in this country and two deaths. I have no doubt there will be more cases, and we have no clue just how much of an impact swine flu will have on our society. There will always be potentially toxic vaccines that are peddled as the solution. There's no need for panic, but there's absolutely no question that everyone would benefit from strengthening their immune systems during this uncertain time to minimize the likelihood of infection. You can break free of that whole drug-solution trap by following some natural health principles.

It's important to follow all the same advice we've ever heard about the natural ways to stay healthy and resist the flu or any illness. Wash your hands often, avoid exposure to infected people, cover your mouth and nose with a tissue (not your hands) when you cough or sneeze, drink plenty of pure water, eating nutritious food and get plenty of fresh air, sunshine, rest and exercise. It is also helpful to lower your stress level which includes not walking around filled with fear anxiety and dread.

You can avoid the flu without getting vaccinated, by following these simple guidelines and by working with nutrition to help keep your immune system in optimal working order so that you're far less likely to acquire the infection to begin with.
Promote and Restore Healthy Acid/Alkaline Balance

Overacidity can cause nasal and bronchial congestion and inflammation as well as depressed immune function, making you more susceptible to the flu and other infections. This state can be caused by the highly acidic diet that most people eat, stress, travel, and even the change of seasons. Unless you're one of the rare individuals who is naturally alkaline, restoring your body to a more healthful, slightly alkaline state is one of the most important steps you can take to boost your immunity. Using bicarbonate to change blood and full body pH is going to shift the environment of most pathogens making it more uncomfortable for them to inhabit a host. Influenza is often associated with abnormalities of fluid, electrolytes and the acid-base balance. Sodium bicarbonate is very useful and should not be overlooked just because it is one of the most simple medicines and food items you can buy in the supermarket.

If you start to feel the signs of a cold or flu coming on, immediately take 1/2 teaspoon of sodium bicarbonate (baking soda) in water (increase to one teaspoon if symptom relief does not occur). Sodium bicarbonate can be administered orally every two hours and can be put in the baths as well as mixed with mineral water to make a lotion. For oral use, Bob’s Red Mill Sodium Bicarbonate is the best but for baths the old Arm and Hammer product is fine. Because acids tend to accumulate during the night, it’s a good idea to keep this solution in a closed container by your bed so that you can sip on it whenever you wake up. (If you experience a tingling sensation in the extremities, feel over-
energized, are unable to sleep, or experience muscle spasms, stop taking the baking soda immediately. To rebalance your system, take a teaspoon or two of apple cider vinegar or half a lemon in water. Restart the bicarb the following day at a lower level.)

Ironically, some of the more traditional cold and flu fighters--orange juice and ginger ale--actually make you more acidic. Opt instead for lots of water, which helps neutralize acidity. In addition, drink plenty of herbal teas (ginger and peppermint are especially good), and vegetable or chicken broth. Fasting on these liquids for the first day or two will also give your liver a much-needed rest as it works round-the-clock to combat infections and speed recovery.

In addition, no matter what your body pH, add the following nutritional supplements to your daily program at the first sign of cold or flu symptoms. These will support your body’s immune system as it fights infection.

**Colloidal silver**

While studying regeneration of limbs, spinal cords and organs in the late 1970s, Robert O. Becker, M.D., author of The Body Electric, discovered that silver ions promote bone growth and kill surrounding bacteria. Research indicates that colloidal silver may be a natural antibiotic and preventive against bacterial, viral, and fungal infections by disabling the enzyme that these one-celled pathogens need for oxygen metabolism. It has also shown promise against sinus and ear infections.

Take two dropperfuls of colloidal silver (5-10 parts per million potency) every two to four hours for an acute
infection, decreasing to every six to eight hours as symptoms abate. Swish the solution in your mouth for 60 seconds before swallowing to enhance absorption.

Another option according to the Health Freedom Action Alert [187] is Nano Silver. Nano silver, a finely divided type of silver which kills all known disease-causing agents or pathogens and which Nano silver does, indeed, kill the weaponized Avian flu virus as it kills all known microorganisms except beneficial ones. Use ABL’s Nano Silver, sold under private label at www.Nutronix.com/natural solutions called “Silver Biotics”.

**Colostrum • Top Infection Fighter**

*Proven results against bacteria, viruses, fungi and parasites*

This "first milk" produced by all mammals after delivery of their newborn is crucial to initiating the immune response in many species. A number of studies have found colostrum to be helpful in the treatment of diseases such as rheumatoid arthritis, endometriosis, allergies, colds, and herpes infections.

**What is colostrum?**

Colostrum is the pre-milk fluid produced by mammalian mothers for the first few days after giving birth. (It is NOT milk, so those with milk allergies need not worry.)

- **Powerful, Immune-Boosting Compounds**
  Colostrum naturally contains a broad range of amazing immune boosters: human-active immunoglobins, your first line of defense (IgG, IgA, IgM), hormones, enzymes, growth factors, nucleotides, interferon, cytokines and probiotic bacteria (Lactobacillus Bifidus).

- **Richest Source of Natural MSM**
  A sulfur compound which helps fight infection
• **Rich in the Elusive N-Acetylneuraminic Acid (NAA)**

Colostrum is the only known food source of NAA, one of the 8 healing sugars, necessary for optimal human physiology and growth. Although NAA is made by the body, levels decline with age and stress, leaving most people deficient. NAA is an immune modulator, protecting against bacteria, virus and other pathogens, such as influenza A and B viruses. It also promotes lowering of LDL (the “bad cholesterol”).

**The Infection Terminator**

Recent studies show that colostrum has the power to severely inhibit or destroy the growth of many dangerous bacteria, viruses, and funguses, including E. coli, Streptococcus, Staphylococcus, Salmonella, HIV and Candida albicans.

**The Best Source:** organic colostrum from organically fed cows that have never been ill. Only organic colostrum contains the richest, purest source of active compounds. It has no artificial hormones, antibiotic residues or other drugs. Avoid colostrum from commercially-fed cows which may cause adverse symptoms.

Take 500 mg twice a day, in capsule form, on an empty stomach. Make sure it contains only colostrum or acidophilus, as other ingredients can interfere with absorption.

**Mineral-Buffered Vitamin C**

Over the years, I have found vitamin C very useful for shortening the course of colds and flu in many of my patients. In addition to its antiviral and antibacterial benefits, vitamin C also enhances your immune function by supporting white blood cell activity and function and increasing antibody levels.

I recommend starting with moderate doses, such as 500-1,000 mg, one to three times daily. You can work up to as much as 5,000-10,000 mg (5-10 grams) a day. If you
reach "bowel tolerance" (loose stools), level off and even decrease your dosage.
One does not have to say much when it comes to the importance of Vitamin C in preparing the body for an aggressive attack of influenza of any type. If vitamin C levels are low, the body will be more vulnerable to complications. Also, an attack of the flu will lower already dangerously depleted vitamin C levels. Whole food vitamin C is often better tolerated than pure ascorbic acid in addition to the fact that whole food vitamin C comes with the necessary co-factors for its efficacy, which ascorbic acid does not.

**Selenium**

In addition to promoting healthy detoxification, selenium also augments and restores immune function. Studies show that it does this by stimulating white blood cell growth and thymus function. Additionally, selenium deficiency has been shown to weaken immune function and inhibit your body's ability to resist infection. I recommend taking 200 mcg of selenium (as selenomethionine) once a day.

*** A healthy diet and daily exercise are also critical in keeping your immune system bullet proof. Now I'm not
saying that any of these steps are going to stop or cure swine flu, but a healthy immune system is a fantastic weapon!

Susan Lark, M.D.

Super Nano-Green Tea™

Key Benefits
• “Nanized” Green Tea: a revolutionary, highly absorbable extract so you can receive all of green tea’s amazing benefits
• Promotes healthy immune system function*
• Supports healthy blood pressure, blood sugar, cholesterol within the normal range and fat levels*
• Powerful antioxidant
• Remarkable support for healthy connective tissue and joint flexibility*
• Delivers a whopping 105 mg of polyphenols per serving

Other green teas may have less than 10 mg or none.

In contrast, black tea is really green tea that has been over-fermented, thus changing the color from green to black but also destroying the healing phytochemicals.

Green Tea’s Secret
The key phytochemicals in green tea, called polyphenols, have captured the attention of many scientific studies. They give Super Nano-Green Tea™ its special power.

Dr. Yukihiko Hara, noted researcher and a world authority on green tea, has found that its polyphenols help promote healthy blood sugar, blood pressure, blood lipids and fat levels*.

Polyphenols have also been shown to protect DNA from damage inflicted from harmful chemicals and even radiation.

Premier Research Labs  www.prlabs.com

References

**Nucleotides**

*Dead-Stops Colds & Flu, Reduces Wound Healing Time, Accelerates Cellular Regeneration and DNA Repair*

**A Brand-New Breakthrough**

Backed by remarkable Swiss research over the last 15 years, nucleotides, special nano-proteins, have been proven to be spectacular help to dead-stop colds and flus. In addition, many other benefits of nucleotides are being discovered. Nucleotides can promote an instantaneous immune boost and increased vitality. Although nucleotides are also found in literally all protein-rich foods, they are not very biologically available. The most bioavailable nucleotides are derived from Brewer’s yeast that have been purified, concentrated and specially processed to be highly biologically available.

**What are Nucleotides?**

- Highly bioavailable nano-protein RNA and DNA factors which work best when combined with their essential phytonutrient synergists and co-factors
- Promotes rapid cellular regeneration, increased vitality, healthy immune system, protein support and DNA repair
• **Best If Excipient-Free:** *No binders, fillers, glues or other toxic tagalongs as found in tablets and gelatin capsules*

**The Natural Anti-Viral Solution**

**The European Health Secret**

There is a limited quantity in your liver. Trauma, surgery, infection, and other stresses, can rapidly deplete the body’s stores of nucleotides. When depleted, rebuilding critical supplies of nucleotides to meet the body’s demands can take several days, if not weeks.

Nucleotides are fundamental nutrients like minerals which must be supplied from outside the body. They are found most abundantly in human breast milk. No other mammal has nearly the concentration that is found in human breast milk. Nucleotides in breast milk are essential to a baby’s developing immune system. When breastfeeding isn’t possible, a nucleotide-enriched formula is recommended.

**Winning the Battle Against Colds and Flu**

Research shows that nucleotides can diminish the symptoms and duration of the common cold as well as the flu. In research trials, nearly all patients on a therapeutic course of nucleotides reported significantly less discomfort associated with the symptoms of colds and flu and experienced a substantially accelerated recovery. These symptoms included sinus pain, earache, headache, diminished taste, high body temperature, dry mouth, swollen glands and muscle aches.

The genetic code of a cold virus enters the body as a strand of RNA that contains about 7,000 nucleotides coiled inside a viral shell. This code acts to trigger the body’s cellular machinery to start duplicating the viral code and spreading the infection to new cells in a downward infection cycle. If an extra source of nucleotides is available, billions of these sturdy, fresh nucleotides can be used to rebuild damaged tissue and put an end to the effects of the infection cycle.

**Strengthening the Immune System**

Nutritional requirements are increased for the young and for sick people whose immune systems have been seriously challenged. For many people whose immune systems are impaired by conditions such as age, illness, chemotherapy, surgery and malnutrition, adding
supplemental nucleotides to their diets may be just what they need to get back on the road to recovery.

**Nucleotides and Infection**

Enhanced RNA synthesis by nucleotides has been linked to increased energy levels and more efficient neutralization of internal toxins. Since nucleotides are capable of boosting the immune response, they may have many other far reaching implications for helping those suffering from a wide variety of other illnesses. As people grow older, their immune systems fail to work as efficiently as they once did. Elderly people are more susceptible to infections such as pneumococcal pneumonia, influenza A and tetanus. Studies show that nucleotides can help older people fight off such infections, and they may help patients suffering from senile memory deficits according to D. Ewen Cameron of McGill University in Montreal. Nucleotides may help stimulate the synthesis of the brain’s memory neurotransmitters.

**A Longer, Fuller Life**

Nucleotides have also been shown to enhance intestinal immune response as well as liver function. Studies also have shown nucleotide supplementation in cases of deficiency can help restore T-cell-dependent humoral immune responses, further supporting the importance of supplemental nucleotides.

**Add Nucleotides**
to your daily regimen for the best health and vitality.


**vitamin D** Optimizing your vitamin D levels is one of the absolute best strategies for avoiding infections of all kinds and vitamin D deficiency is likely the true culprit in the seasonality of the flu, not the flu virus itself. This is probably the single most important and least expensive action you can take. Getting plenty of vitamin D provides potent protection against colds, flu and even pneumonia. As the amount of vitamin D circulating in blood climbs, risk of upper respiratory tract infections falls and this is important when strong flu strains strike hard.

**Immunity**

Population groups with greater direct sunlight exposure or more vitamin D3 exposure, were found to have stronger immune function than those with restricted sunlight exposure.* Vitamin D3 receptors are known to exist on most immune cells and play a role in maintaining healthy immune cell maturity, differentiation and integration.*

**How can you get vitamin D?**

Vitamin D is one of the few nutrients the body needs, that does not come from a wide variety of foods. Although salmon, mackerel, sardines and tuna can deliver about 200 I.U./serving, they are not an adequate source of D3. After fortification, milk delivers only vitamin D2 - not D3, the real thing. Vitamin D2 is also added to fortified dairy products but does not function in the same way as D3. Vitamin D3 can be more than 3 times as effective as D2 in maintaining and raising vitamin D blood levels. Although vitamin D3 is more expensive to produce, it is clearly superior to D2. That’s why we only use D3 in our
D3 Serum. Sadly, we as a nation do not spend much time in sunlight and when we do, our skin is mostly covered. As a consequence, most people have low levels of vitamin D3 which has initiated a ground swell of scientific research calling for increased daily vitamin D3 intake for all Americans. In 1941, the RDA (recommended dietary allowance) of vitamin D was 400 I.U./day to prevent D deficiency and rickets. Today, scientists are calling for an increase in this daily intake, recommending 1,000 to 2,000 I.U./day. They believe these levels can best provide the support for the body’s critical vitamin D needs now identified to include immunological, vascular, cognitive, mucosal and reproductive health and more.

Experts now consider vitamin D3 blood levels less than 20ng/ml to be frank D3 deficiency, while 20-39ng/ml is still too low; 40-50ng/ml is considered to be reasonable but not ideal. At all of these levels, supplementation with D3 is recommended at 5,000 to 7,000 I.U./day for 6-8 weeks. Ideally, the individual would be re-tested every 3 months until their blood levels are in the ideal range (i.e. D3 levels greater than 50ng/ml but less than 60ng/ml).

Some experts believe the upper limit of vitamin D intake should be 2,000 to 10,000 I.U./day.* However, when vitamin D blood levels are greater than 200ng/ml, a toxic reaction could potentially lead to hypercalcemia/hyperphosphatemia. Hypercalcemia is rare but could be triggered by D3 intake of over 50,000 I.U./day. In published cases of vitamin D toxicity, intake was greater than 400,000 I.U./day. Common signs of hypercalcemia are anorexia, nausea and vomiting. Prolonged excessive intake could lead to calcification of the kidneys, heart and lungs. Adults or children (age 4 and above): Take 1 drop daily with meals. If you are taking more than 2000 IU/day, it is recommended to have your blood levels monitored. If you are pregnant or lactating, consult with your physician.

- **Avoid sugar and processed foods.** Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is key to fighting off viruses and other illness. Be aware that sugar is present in foods you may not suspect, like ketchup and fruit juice.
• **Get enough rest.** Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu.

• **Have effective tools to address stress.** We all face some stress every day, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness.

• **Exercise**—When you exercise, you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it spreads.

• **Take a good source of animal-based omega-3 fats like Krill oil.** Increase your intake of healthy and essential fats like the omega-3 found in krill oil, which is crucial for maintaining health. It is also vitally important to avoid damaged omega-6 oils that are trans fats and in processed foods as it will seriously damage your immune response.

• **Wash your hands.** Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. Be sure you don't use antibacterial soap for this -- antibacterial soaps are completely unnecessary, and they cause far more harm than good. Instead, identify a simple chemical-free
soap that you can switch your family to.

• **Eat garlic regularly.** Garlic works like a broad-spectrum antibiotic against bacteria, virus, and protozoa in the body. And unlike with antibiotics, no resistance can be built up so it is an absolutely safe product to use. However, if you are allergic, it would be best to avoid. Garlic is best if raw and crushed. It must be consumed within one hour of crushing dosages initially to three cloves per day but later reduce until no body odor occurs. Pub Med PM ID 904-9657.

• **Avoid hospitals and Vaccines.** I avoid hospitals and vaccines. In this particular case, I'd also recommend you stay away from hospitals unless you're having an emergency, as hospitals are prime breeding grounds for infections of all kinds, and could be one of the likeliest places you could be exposed to this new bug. Vaccines will not be available for six months at the minimum but when available they will be ineffective and can lead to crippling paralysis like Guillain-Barré Syndrome just as it did in the 70s.

• **Emotions** - If you feel that stress is taking a toll on your health, consider using an energy psychology tool such as CARE-Chakra Armor Release of Emotions. CARE is a combination of muscle testing of chakras and armor,
acupressure and the use of Bach flower remedies. It also works on the spiritual level as well. To order a DVD and e-book on CARE, contact chirovideo.com

- **Lymphatic massage**—There is a very effective form of lymphatic massage that was passed down from one generation to the next in India. This type of lymphatic massage is excellent for treating the flu. If you don’t receive a lymphatic massage, the flu can last anywhere from two weeks to a month. Receiving a lymphatic massage can reduce recovery time down to one to three days. If you’re interested in learning this form of lymphatic massage, you can order the DVD and e-book from chirovideo.com

- **Chiropractic**—The nervous system controls the immune system. If you’ve been under a lot of stress, muscles get tight and tense and vertebrae in the spine go out of alignment. This crushes nerves, choking off the messages of health and energy that want to travel to your organs. First the organs get tired, then they get symptoms which then leads to disease. Chiropractors take the pressure off the nerves, restoring health, energy and nerve flow to all of your organs. The body is then able to have optimal performance in all areas including the immune system.
*Iodine, the Universal Pathogen Killer*  As early as June 1, 1905 an article was printed in the New York Times about the successful use of iodine for tuberculosis. Though iodine kills most pathogens on the skin within 90 seconds, its use as an antibiotic/antiviral/antifungal has been completely ignored by modern medicine. Iodine exhibits activity against bacteria, molds, yeasts and many viruses; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing “all classes of pathogens”: gram positive and gram negative bacteria, mycobacteria, fungi, yeasts, viruses and protozoa. *Most bacteria are killed within 15 to 30 seconds of contact.*

*Iodine is by far the best antibiotic, antiviral and antiseptic of all time.*

* Dr. David Derry*

We should use it and trust it to protect us in ways that antibiotics cannot.

Dr. David Brownstein, author of *Iodine – Why You Need It,* uses iodine extensively in his practice and says, “Iodine is a
wonderful antibiotic. Poor immune response is correlated with impaired thyroid function; *a deficiency in iodine can greatly affect the immune system* because low levels of iodine lead to problems with the thyroid gland.*Iodine is able to penetrate quickly through the cell walls of microorganisms.*

A missionary, Stephen Fisher, in Zambia last year talked about his very successful use of iodine to treat people with malaria. He used 20 drops of Nascent Iodine in a half glass of water given 4 or 5 times during the first day and then decreased the dose to 10 drops of Nascent Iodine 4 times a day for 3 more days, although higher dosages can be administered for much longer since iodine is a nutritional medicine that is needed by the body. Such a protocol can be used for the swine flu or any other type of influenza.

Retired biochemist and toxicologist Walter Last has this to say about Lugol’s: “Lugol’s solution is an internal iodine solution designed to eliminate Candida and possibly viruses and other microbes from the bloodstream. Obtain 100ml of Lugol’s solution, also labeled Aqueous Iodine Oral Solution B.P., from a chemist. Take a test drop in liquid other then just water to make it taste less strong. If this does not cause
an allergic reaction, continue to take 4 x 6 drops daily in liquid or mixed with food, but not together with vitamins A, C, E, grape seed extract or cysteine. Iodine is an oxidant and it is best to reduce the intake of antioxidants while using it. If the blood was contaminated, then you may initially experience a die-off reaction of the Candida, causing weakness and possibly headache or nausea. If this happens cut temporarily back on the amount of Lugol’s solution and drink plenty of water and diluted teas or juices. Continue for 3 weeks, but interrupt if you develop a serious reaction. Do not take the iodine for more than 3 weeks as that interferes with thyroid activity. If necessary repeat the course after several months.”

Nature have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can’t. Mark Sircus is the source of this post.
What makes avian-derived H5N1 strains, and the influenza strain underlying the 1918–1919 human pandemic so virulent is viral triggering of cytokine-mediated lung inflammation. Inflammation is the activation of the immune system in response to infection, irritation, or injury. Characterized by an influx of white blood cells, redness, heat, swelling, pain, and dysfunction of the organs involved, inflammation has different names when it appears in different parts of the body. Magnesium plays a crucial role in natural and adaptive immunity in great part because of its dominance over the inflammatory response.

Magnesium is at the heart of the inflammatory process. Increases in extracellular magnesium concentration cause a decrease in the inflammatory response.

*Dehydration Dangers* “Severe flu symptoms like fever and body aches often keep patients from taking in adequate fluids,” said Dr. Leanne M. Chrisman-Khawam of
Case Western Reserve University in Cleveland. “By managing symptoms, one will be more likely to manage their dehydration as well.” Proper hydration is thus the most basic preventative medicine against death from any type of flu.
Chapter 7: WHY A SWINE FLU PANDEMIC IS HIGHLY UNLIKELY

You may not know this, but all H1N1 flu's are descendants of the 1918 pandemic strain. The reason why the flu shot may or may not work, however, from year to year, is due to mutations. Therefore, there's no vaccine available for this current hybrid flu strain, and naturally, this is feeding the fear that millions of people will die before a vaccine can be made.

However, let me remind you of one very important fact here. Just a couple of months ago, scientists concluded that the 1918 flu pandemic that killed between 50-100 million people worldwide in a matter of 18 months -- which all these worst case scenarios are built upon -- was not due to the flu itself.\(^4\) Instead, they discovered the real culprit was strep infections.

People with influenza often get what is known as a "superinfection" with a bacterial agent. In 1918 it appears to have been Streptococcus pneumoniae. Since strep is much easier to treat than the flu using modern medicine, a new pandemic would likely be much less dire than it was in the early 20th century, the researchers concluded.

*Deadliness has to translate somehow into popularity; H5N1 has to find a way to kill or immobilize its human hosts, and still find other hosts to infect. Usually that doesn't happen.*

What this means is that in order for a "swine flu" to turn into a human pandemic, it has to find an environment that favors both deadly virulence and ease of transmission.
People living in squalor on the Western Front at the end of World War I generated such an environment, from which the epidemic of 1918 could arise.
Chapter 8: WHERE DID THIS ANIMAL-HUMAN STRAIN COME FROM?

There are a number of reports questioning the true nature of this virus.

Could a mixed animal-human mutant like this occur naturally? On February 27, 2009 it was confirmed that an influenza vaccine maker, Baxter Pharmaceuticals, was caught shipping a mixture of seasonal influenza viruses mixed with unlabeled live bird flu viruses to facilities in 18 different countries as part of a seasonal flu vaccine shipment. Baxter, which is under investigation is waiting for a license to manufacturer bird flu vaccine, explained it was an "accident" and that no harm was done.

Czech reporters were probing to see if it may have been part of a deliberate attempt to start a pandemic; as such a "mistake" would be virtually impossible under the security protocols of that virus. So while it is morally unthinkable that a drug company would knowingly contaminate flu vaccines with a deadly flu virus such as the swine flu, it is certainly not impossible. It has already happened more than once.

But there seems to be no repercussions or hard feelings when industry oversteps the boundaries of morality and integrity and enters the arena of obscenity. Because, lo and behold, which company has been chosen to head up efforts, along with WHO, to produce a vaccine against the Mexican swine flu?
Baxter!\textsuperscript{11} Despite the fact that ink has barely dried on the investigative reports from their should-be-criminal "mistake" against humanity.

According to other sources,\textsuperscript{12} a top scientist for the United Nations, who has examined the outbreak of the deadly Ebola virus in Africa, as well as HIV/AIDS victims, has concluded that the current swine flu virus possesses certain transmission "vectors" that suggest the new strain has been genetically-manufactured as a military biological warfare weapon.

The UN expert believes that Ebola, HIV/AIDS, and the current A-H1N1 swine flu virus are biological warfare agents. 1
Chapter 9: TAKING CARE OF A SICK PERSON IN YOUR HOME

Swine influenza A virus infection (swine flu) can cause a wide range of symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. People with swine flu also can have vomiting and diarrhea. Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Severe disease with pneumonia, respiratory failure and even death is possible with swine flu infection. Certain groups might be more likely to develop a severe illness from swine flu infection, such as persons with chronic medical conditions. Sometimes bacterial infections may occur at the same time as or after infection with influenza viruses and lead to pneumonias, ear infections, or sinus infections.

The following information can help you provide safer care at home for sick persons during a flu pandemic.

How Flu Spreads
The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else’s mouth or nose) before washing their hands.

People with swine flu who are cared for at home should:
• check with their health care provider about any special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema

• check with their health care provider about whether they should take antiviral medications

• stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer

• get plenty of rest

• drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated

• cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.

• avoid close contact with others – do not go to work or school while ill

• be watchful for emergency warning signs (see below) that might indicate you need to seek medical attention

Medications to Help Lessen Symptoms of the Flu
• Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a healthcare provider.

• The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

• Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion.
Importantly, these medications will not lessen how infectious a person is.

- Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications—don’t double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the FDA website.

**When to Seek Emergency Medical Care**
Get medical care right away if the sick person at home:

- has difficulty breathing or chest pain
- has purple or blue discoloration of the lips
- is vomiting and unable to keep liquids down
- has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- has seizures (for example, uncontrolled convulsions)
- is less responsive than normal or becomes confused

**Steps to Lessen the Spread of Flu in the Home**
When providing care to a household member who is sick with influenza, the most important ways to protect yourself and others who are not sick are to:

- keep the sick person away from other people as much as possible (see “placement of the sick person at home”)

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• remind the sick person to cover their coughs, and clean their hands with soap and water or an alcohol-based hand rub often, especially after coughing and/or sneezing.

• have everyone in the household clean their hands often, using soap and water or an alcohol-based hand rub.

**Placement of the sick person**

• Keep the sick person in a room separate from the common areas of the house. (For example, a spare bedroom with its own bathroom, if that’s possible.) Keep the sickroom door closed.

• Unless necessary for medical care, persons with the flu should not leave the home when they have a fever or during the time that they are most likely to spread their infection to others (at the current time, CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods).

• If persons with the flu need to leave the home (for example, for medical care), they should cover their nose and mouth when coughing or sneezing and wear a loose-fitting (surgical) mask if available.

• Have the sick person wear a surgical mask if they need to be in a common area of the house near other persons.
• If possible, sick persons should use a separate bathroom. This bathroom should be cleaned daily with household disinfectant (see below).

**Protect other persons in the home**

• The sick person should not have visitors other than caregivers. A phone call is safer than a visit.

• If possible, have only one adult in the home take care of the sick person.

• Avoid having pregnant women care for the sick person. (Pregnant women are at increased risk of influenza-related complications and immunity can be suppressed during pregnancy).

• All persons in the household should clean their hands with soap and water or an alcohol-based hand rub frequently, including after every contact with the sick person or the person’s room or bathroom.

• Use paper towels for drying hands after hand washing or dedicate cloth towels to each person in the household. For example, have different colored towels for each person.

• If possible, consideration should be given to maintaining good ventilation in shared household areas (e.g., keeping windows open in restrooms, kitchen, bathroom, etc.).

• Antivirals can be used to prevent the flu, so check with your healthcare provider to see if some persons in the home should use antiviral medications.

**If you are the caregiver**

• Avoid being face-to-face with the sick person.
• When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face.

• Clean your hands with soap and water or use an alcohol-based hand rub after you touch the sick person or handle used tissues, or laundry.

• Caregivers might catch flu from the person they are caring for and then the caregiver might be able to spread the flu to others before the caregiver shows symptoms. Therefore, the caregiver should wear a mask when they leave their home to keep from spreading flu to others in case they are in the early stages of infection.

• Talk to your health care provider about taking antiviral medication to prevent the caregiver from getting the flu.

• **Monitor yourself and household members for flu symptoms and contact a telephone hotline or health care provider if symptoms occur.**

**Using Facemasks or Respirators**

• Avoid close contact (less than about 6 feet away) with the sick person as much as possible.

• If you must have close contact with the sick person (for example, hold a sick infant), spend the least amount of time possible in close contact and try to wear a facemask (for example, surgical mask) or N95 disposable respirator.

• An N95 respirator that fits snugly on your face can filter out small particles that can be inhaled around the edges of a facemask, but compared with a facemask it
is harder to breathe through an N95 mask for long periods of time. More information on facemasks and respirators can be found at [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

- Facemasks and respirators may be purchased at a pharmacy, building supply or hardware store.

- Wear an N95 respirator if you help a sick person with respiratory treatments using a nebulizer or inhaler, as directed by their doctor. Respiratory treatments should be performed in a separate room away from common areas of the house when at all possible.

- Used facemasks and N95 respirators should be taken off and placed immediately in the regular trash so they don’t touch anything else.

- Avoid re-using disposable facemasks and N95 respirators if possible. If a reusable fabric facemask is used, it should be laundered with normal laundry detergent and tumble-dried in a hot dryer.

- After you take off a facemask or N95 respirator, clean your hands with soap and water or an alcohol-based hand sanitizer.

**Household Cleaning, Laundry, and Waste Disposal**

- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.

- Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but
importantly these items should not be shared without washing thoroughly first.

- Wash linens (such as bed sheets and towels) by using household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.

- Eating utensils should be washed either in a dishwasher or by hand with water and soap.
Chapter 10: FAQ

If I think I have swine flu, what should I do? When should I see my doctor?
If you have flu symptoms, stay home, and when you cough or sneeze, cover your mouth and nose with a tissue. Afterward, throw the tissue in the trash and wash your hands. That will help prevent your flu from spreading.

If you've got flu symptoms, and you've recently been to a high-risk area like Mexico, CDC officials recommend that you see your doctor. If you have flu symptoms but you haven't been in a high-risk area, you can still see a doctor -- that's your call.

Keep in mind that your doctor will not be able to determine whether you have swine flu, but he or she would take a sample from you and send it to a state health department lab for testing to see if it's swine flu. If your doctor suspects swine flu, he or she would be able to write you a prescription for Tamiflu or Relenza. Those drugs may not be required; U.S. swine flu patients have made a full recovery without it.

How does swine flu spread? Is it airborne?
The new swine flu virus apparently spreads just like regular flu. You could pick up germs directly from an infected person, or by touching an object they recently touched, and then touching your eyes, mouth, or nose, delivering their germs for your own infection. That's why you should make washing your hands a habit, even when you're not ill. Infected people can start spreading flu germs up to a day before symptoms start, and for up to seven days after getting sick, according to the CDC.

The swine flu virus can become airborne if you cough or sneeze without covering your nose and mouth, sending germs into the air.
The U.S. residents infected with swine flu virus had no direct contact with pigs. The CDC says it's likely that the infections represent widely separated cycles of human-to-human infections.

Is there a vaccine against the new swine flu virus?
No. But the CDC and the World Health Organization are already taking the first steps toward making such a vaccine. That's a lengthy process -- it takes months.

I had a flu vaccine this season. Am I protected against swine flu?
No. This season's flu vaccine wasn't made with the new swine flu virus in mind; no one saw this virus coming ahead of time.

If you were vaccinated against flu last fall or winter, that vaccination will go a long way toward protecting you against certain human flu virus strains. But the new swine flu virus is a whole other problem.

How can I prevent swine flu infection?
The CDC recommends taking these steps:

- Wash your hands regularly with soap and water, especially after coughing or sneezing. Or use an alcohol-based hand cleaner.
- Avoid close contact with sick people.
- Avoid touching your mouth, nose, or eyes.

Can I still eat pork?
Yes. You can't get swine flu by eating pork, bacon, or other foods that come from pigs.

What else should I be doing?
Keep informed of what's going on in your community. Your state and local health departments may have important information if swine flu develops in your area. For instance, parents might want to consider what they would do if their child's school temporarily closed because of flu. That happened in New York City, where St. Francis Preparatory School in Queens closed for a couple of days after eight students were found to have swine flu. Don't panic, but a little planning wouldn't hurt.

**How severe is swine flu?**
The severity of cases in the current swine flu outbreak has varied widely, from mild cases to fatalities. Early cases in the U.S. were mild, but there has been at least one U.S. death from swine flu. And it's impossible to know whether the virus will change, either becoming more or less dangerous. Scientists are watching closely to see which way the new swine flu virus is heading -- but health experts warn that flu viruses are notoriously hard to predict, as far as how and when they'll change.

**Why has the swine flu infection been more severe in Mexico than in other countries?**
That's not clear yet. Researchers around the world are investigating the differences between the cases in Mexico and those elsewhere.

**Have there been previous swine flu outbreaks?**
Yes. There was a swine flu outbreak at Fort Dix, N.J., in 1976 among military recruits. It lasted about a month and then went away as mysteriously as it appeared. As many as 240 people were infected; one died.

The swine flu that spread at Fort Dix was the H1N1 strain. That's the same flu strain that caused the disastrous flu pandemic of 1918-1919, resulting in tens of millions of deaths.

Concern that a new H1N1 pandemic might return in winter 1976 led to a crash program to create a vaccine and
vaccinate all Americans against swine flu. That vaccine program ran into all kinds of problems -- not the least of which was public perception that the vaccine caused excessive rates of dangerous reactions. After more than 40 million people were vaccinated, the effort was abandoned.

As it turned out, there was no swine flu epidemic.

**How many people have swine flu?**
That's a hard question to answer, because the figure is changing so quickly. If you want to keep track of U.S. cases that have been confirmed by lab tests and reported to the CDC, check the CDC's web site. If you're looking for cases in other countries, visit the World Health Organization's web site. And when you hear about large numbers of people who are ill, remember that lab tests may not yet have been done to confirm that they have swine flu. And there may be a little lag time before confirmed cases make it into the official tally.

**How serious is the public health threat of a swine flu epidemic?**
The U.S. government has declared swine flu to be a public health emergency.

It remains to be seen how severe swine flu will be in the U.S. and elsewhere, but countries worldwide are monitoring the situation closely and preparing for the possibility of a pandemic.

The World Health Organization has not declared swine flu to be a pandemic. The WHO wants to learn more about the virus first and see how severe it is and how deeply it takes root.

But it takes more than a new virus spreading among humans to make a pandemic. The virus has to be able to spread efficiently from one person to another, and
transmission has to be sustained over time. In addition, the virus has to spread geographically.7
References:


3 mercola newsletter Apr 4, 2006 Donald Rumsfeld Rakes in $5 Million For Tamiflu

4 mercola newsletter Oct 25, 2005 Rumsfeld to Profit from Bird Flu Hoax

5 Natural Solutions Foundation Urgent Health Freedom Action eAlert April 28, 2009 Straight Talk - Weaponized Vaccines and Pandemic Protection

6 www.cdc.gov/

7 www.webmd.com/
Suggested Reading:


**Conclusion:**

Swine flu is very serious condition and may result in death. It’s important to take the least risky measures you can to prevent getting it. The current vaccines have not been proven to be effective against swine flu, therefore it’s best to build your immune system through natural means.