

The Cold & Flu Season



What's 'Bugging' You?

It's rare to find a person who has not experienced the wrath of the flu at some point in their life. Typically the flu arrives quickly and lasts for approximately a week unless a secondary bacterial infection occurs, as in bronchitis or pneumonia. This lower respiratory infection increases the duration and intensity of discomfort.

The symptoms of influenza are fever, malaise, sore throat, myalgia, chills, fatigue, pharyngitis, a nonproductive cough, headache, rhinorrhea, and muscle pain. If it develops into influenza pneumonia, your symptoms also include frothy white and sometimes blood tinged sputum, chest pain, and of course, more coughing. As with most viral conditions, the young and the old tend to be more vulnerable and more seriously affected than most.

With the onset of the season, the first line of defense with viral conditions are molecules called cytokines. The Hong Kong flu of 1997 was invisible to the body's immune defenses because one genetic mutation let the virus go unrecognized by these cytokines. Viruses are amazingly adaptable and keep scientists in constant pursuit of their elusive behavior.

What is it about these viruses that are so difficult to control? Each virus has its own strain containing an unstable gene which allows the

virus to evolve continually as it migrates across continents and oceans. Consequently, it becomes uncontrollable in short order. The US Center for Disease Control and Prevention and the World Health Organization monitor the movement of flu viruses to determine which strains hold the most potential for destruction. A few researchers believe that Flu viruses typically begin in China and drift east, but all conclude that no geographical boundaries appear to deter its inevitable arrival. As each strain mutates, the medical arena scrambles to develop the annual vaccine to address the upcoming altered version of the year before. This is indeed a full time occupation that keeps both the medical and media busy.



Don't Be Fooled!

It is common knowledge that Over the Counter drugs that target colds or flu have the ability to temporarily relieve symptoms. Antibiotics, on the other hand, are clearly ineffective with the flu but even so, some doctors feel pressured to prescribe drugs to placate

the demands of their patients.

Advertising has done an excellent job of convincing us that we should put our hope in the nasal spray or time-release remedies. It all sounds nice but they fail to say that the cumulative ef-

fect of these additional toxins in your system comes with a price. It is important to remember that the use of antibiotics serves to strip your natural immunity by depleting the good flora in the intestines. Drugs ultimately are not the answer!

Statistics on the Flu Virus

- The 1917 flu killed more people than those who perished in WWI
- The Flu virus of 1918 - 1919 caused the deaths of 20 million people.
- The Hong Kong Flu of 1968 killed 700,000 people.
- The Flu and its complications are the 6th leading cause of death among children, aged 4 & up.
- Influenza is the number one cause of death from infection in the USA, even though other diseases dominate the headlines.

Should I Get the Flu Vaccine?

VACCINES WILL NEVER PREVENT THE FLU. They weaken the immune system and in fact, make you more likely to get it. They are not the answer! When you challenge the doctor on why NOT to get the vaccine, he quotes the statistical and demographical explanations to justify immunization. Many of the statistics represent poor studies that identify only what serves industry and satiates the minds of those who lined up for the shot. If we look at the number of deaths from the flu, we must also recognize that most of those who die are already sick. It is clear that the flu vaccine does little to protect you from the flu.

DO YOU REALLY WANT TO BE 'SHOT'?

Both the injected vaccine and the new FluMist vaccine contain toxins whose cumulative effect is alarming! They commonly contain **ethylene glycol**, which is antifreeze, **phenols** that are known as carbolic acid used in disinfectants and dyes, **formaldehyde** which is cancer causing, **aluminum** that is associated with Alzheimer's disease and seizures, and **thimerosal** which is a mercury disinfectant and preservative that is known to cause brain injury and autoimmune disease.

There continue to be numbers of cause and effect connections between flu vaccines and immune disorders such as Chronic Fatigue Syndrome, Fibromyal-

gia, Multiple Sclerosis, Asthma, etc. Is it worth the risk?

FLUMIST

If we take a look at the latest FluMist vaccine, each dose contains up to 100 million viral particles. This application has the potential to directly enter the brain as the olfactory nerves pass through the pallet therefore allowing the mist direct access to the brain. Can this potentially trigger encephalitis, which is serious brain infection? It will be interesting to watch the development of associated conditions once the FluMist is fully up and running and also, to track the health of those who administer it. Given that the flu is spread via mucous, sneezing, coughing, etc., anyone who breathes in the vicinity of those who have just been 'misted' increases their likely-hood to get the flu, unless, of course, they have lived health and wellness on a daily basis.

The Baltimore Sun reports that the FDA list of 'mist' side effects include nasal congestion, runny nose, sore throat,



cough, etc. The exact symptoms of the flu! However, the biggest selling feature of this approach is that it is user friendly to the needle-shy individual, but there are no long term studies to indicate that the FluMist will protect you during an epidemic. During the questionable shortage of the Flu shot, the FluMist had the perfect opportunity to be introduced to the market place.

FLUZONE

FluZone is a new flu vaccine recommended for babies as young as six months old. It contains such things as chicken embryos, formaldehyde, Polyethylene Glycol and p-Isooctylphenyl Ether. Rather than injecting such potentially dangerous foreign substances into our precious babies, should we not be promoting healthy pregnancies, breast feeding and common sense? The colostrum in breast milk is filled with all the natural immunity a baby needs. I don't know about you, but I feel there is something drastically wrong with this picture.

THE BOTTOM LINE

Clearly, it remains difficult to support the distribution of Flu vaccines to the general populace. It simply doesn't make sense.

Lifestyle Changes Will Make the Difference

The raging flu epidemics occur not because of a lack of flu vaccine but rather because of the state of our **inner terrain**. We are an immune-compromised society in addition to being chemically immune-suppressed. Dr. Leonard G. Horowitz says that the major source of weakened immunity has been drug side effects and vaccine induced toxicity which creates autoimmune problems. No statement could be more true.

With a diligently applied nutritional supplement regime and lifestyle changes you can ward off the flu if you don't have it and alleviate the symp-

toms of the flu if you do have it. Nature has provided us with an arsenal of plants and natural substances to aid in boosting our immunity. The trick lies in making the right choices and adjusting dosages to address the problem at hand. If you are dealing with the flu virus, a cold or general malaise, give us a call so that we can help you build your immunity against these conditions. Include the following to give yourself

1. **Superfoods**
2. **Ionic restructured water.** Check out the Wellness Filter on our web site.

3. **Respiratory Formula**
4. **Shego**
5. **Super Strength Oil Oregano**
6. **Super Silver**
7. **Get plenty of rest and reduce stress.**

Call The Wolfe Clinic today for your
free copy of
**Spilled Rotten &
Reclaim Your Inner Terrain**

Take Away Fear and Trembling - Take Action!

The problem is not the viruses that exist but rather the weakened and impaired immune systems that do not function properly because of the same problem that lies at the base of all health conditions - a most questionable diet. A vaccine will do little to save you from the throws of the flu if your underlying inner terrain is seriously dysfunctional. There is much hype that instills fear in the overworked population that can't afford to be bed-ridden for several days with a bad case of the flu. The disruption of routine activities can create extreme stress.

BE PROACTIVE!

It's all about prevention. There are no quick fixes! Health and wellness are every day events, not just something to dust off when you start feeling under the weather. In his 1951 book Diet Prevents Polio, Benjamin P. Sandler, M.D. talks about the relationship between the polio virus and sugar. Diets deficient in protein and high in starchy

lower quality foods were common in those who acquired polio. Once these two factors were eliminated, the condition of his patients became stronger. There is also a strong relationship between blood sugar (a result of poor diet) and high intake of sugar and starch with any condition that arises in the body. Interestingly, outbreaks of the flu virus occur around holidays such as Halloween, Thanksgiving and Christmas when sugar rich food is abundant.

Children are an excellent example of this theory. Even though you send them to school with a healthy lunch, they typically dump the half eaten sandwich in the trash and eat the treats and sweets. Most schools are



The Flu Virus

equipped with vending machines that grossly contribute to the demise of the health of our young people. Now their compromised immune system predisposes them to cold and flu viruses among other things such as asthma, allergies and learning disabilities. It is criminal to watch the infiltration of 'non-foods' in our schools and market place.

Eliminating sugar from the diet is the single most important factor when trying to avoid the flu. This includes junk food, grains, processed meats, processed packaged foods, white flour and fast foods. Get plenty of rest and reduce your stress load. Eat organic when possible, especially when it comes to animal protein.

Super Strength Oil of Oregano, Onion, Garlic & Omega-3 Oils



OIL OF OREGANO - The good news is that the flu virus is unstable and highly vulnerable to natural antiseptics. According to Dr. Cass Ingram, the wild high mountain oregano is the most potent of all species and Medical Science Research has proven that both the RNA and DNA of viruses are completely destroyed by oregano. Other anti-viral oils include rosemary, bay leaf and lavender.

ONION - Onion is one of the oldest folk remedies around. It can be mixed with honey to help with congestion, or eaten to help with indigestion. A poultice can also be made for earaches. Keep a jar of our convenient organic powdered onion for adding to your foods to boost your energy.

THIEVES - an essential oil that is highly antiviral.

GARLIC - one of the safest and most versatile herbs, a universal tonic, a natural germicide. It is an immune system booster, purges the liver and aids digestion. Add our organic powdered garlic to your vegetable drinks, each day for on-going protection.

OMEGA-3 OILS - Fish Oil has long been known for its ability to protect us from viral, bacteria and fungal infection. It is the number one most important food in your cupboard.

THETA SUPER SILVER - Nature's antibiotic with no harmful side effects!

Live & Raw Foods - Keep As Close to Nature as Possible

Live and raw is the way food was meant to be. There is much documentation to substantiate the value of live enzyme-rich foods in your diet. The World Cancer Research Fund in association with the American Institute for Cancer Research recommends five to ten portions of fruit and vegetables per day, two of which should be dark green and leafy to protect us from ever acquiring cancer.


Our Garden Power Superfoods are of the highest quality and make healthy eating easy. High quality organic powdered foods simplify your busy lifestyle and ensure you receive the nutrients you might not otherwise get. Simply mix these powders with water and away you go!

Sunshine and fresh air greatly enhance the immune systems. Soaking up a few rays of sunshine is essential for health!



ACCORDING TO HUGH FUDENBURG, MD - the world's leading immunogeneticist and 13th most quoted biologist of our time (nearly 850 papers in peer review journals) - If an individual has had 5 consecutive flu shots between 1970 - 1980 (the years of the study) his/her chance of developing Alzheimer's Disease is 10 times greater than if they had 1, two or no shots. When asked why, Dr. Fudenberg stated that it is due to the mercury and aluminum buildup that is in EVERY flu shot (and in almost all childhood shots). The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction. ALZHEIMERS is now expected to QUADRUPLE.

Dr. Fudenberg's comments are from his speech at the NVIC International Vaccine Conference, Arlington VA September, 1997. Alzheimers to quadruple statement is from the John's Hopkins Newsletter of November 1998



PRODUCTS THAT PROTECT AGAINST THE FLU

The Wolfe Clinic

Respiratory Formula (Effective against SARS, Pneumonia and other Respiratory Infections such as Bronchitis, Laryngitis and Sinusitis.)

Respiratory Formula comes in three easy to use forms:

- **Extra Strength Respiratory Formula** with Lomatium and Devil's Club
- **Respiratory Formula Nasal Spray** with *A. Alnifolia* and *R. nutkana*
- **Extra Strength Homeopathic Respiratory Formula.**

Lomatium Tincture (anti-viral, anti-biotic and immuno-stimulant)

Super Strength Oil of Oregano (It is a powerful antiviral, antibacterial, antifungal, and antiparasitic agent)

Theta Super Silver (A very powerful antibiotic)

Silver Water (Very effective against Parasites, Bacteria, Virus and Fungi)

Theives (Guards against colds, flu, viral, and bacterial attack)

Microhydrin (The most potent anti-oxidant in the world)

Wellness Water (THE most advanced ionized electron-charged ALKALINE water system available anywhere!!)

Omega-3 Fish Oils (hypo-allergenic dietary supplement)

Garden Power Superfood Greens (High quality organic powdered foods... more nutrition in one day than you are now getting in one week!)

Onion (one of the oldest folk remedies around)

Garlic (one of the safest and most versatile herbs)

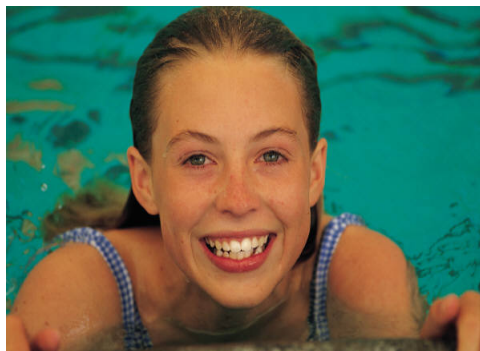
A Strong and Healthy Immune System Is the Answer

True health exists because of a strong and properly functioning immune system that is able to stand the test of resistance amongst a household of flu and cold-ridden family members. The immune system is our armor against all attacks of viruses, bacteria and fungus that may greet us in a day, a season, a lifetime.

When our system becomes weakened because of such things as stress and diet, we become vulnerable to every bug that drifts by. We start noticing fatigue, allergies, slow wound healing, digestive disruptions, Candidiasis, and aches and pains, to name a few. We simply just aren't ourselves! Then when the cold and flu season arrives, we are particularly vulnerable to the circulating virus. It is this type of individual who will be incapacitated to a greater degree than the person who has been tending to immune-building protocols throughout the year.

Our immune system is a compilation of complex interactions that are contingent upon one another. If our bowels are congested, it is likely that our liver

is congested. Congestion anywhere in the body also indicates the likelihood of infection and inflammation on a cellular level. If the proper minerals, vitamins and oils are not supplied to meet the demands, then illness sets in. Every biological response relies on specific nutrition. When your body is under stress, it is more probable that you



will neglect its needs. The cumulative effect of these poor choices surface over time.

LYMPHATICS

The lymphatic system is a frequently overlooked system that plays a signifi-

cant roll in immunity. The lymph fluid bathes each and every cell and performs a continuous cleansing action. The macrophages then filter out the debris from tissue and the lymphatic fluid returns to the venous circulation. If we have neglected to exercise and lead a healthy lifestyle, it is likely that our lymph fluid is thick and sticky rather than smooth and free-flowing.

Everything we eat, the water we drink and the air we breathe are significant contributors to strong immune function. Strong immune response prevents illness and disruption of our day to day lives.

Take an inventory of the factors that contribute to the state of your immune system. **Phone us for a telephone consultation to address your specific concerns** especially during this time of year. The winter months are prime times for colds and flu viruses to proliferate amongst us. Be ready and be healthy!

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