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Flu Vaccine Hysteria

By Lee Cummings

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Last week the media circus surrounding the flu vaccine reached a crescendo.

Half of all the flu vaccine supply is not available this year!

Why? Because the British company that supplies half of the U.S. flu vaccine supply was shut down by health officials.

Does it really matter?

Unless you are under 2 or over 65 and are in poor health, It doesn't matter.

Because of the flu vaccine shortage The Centers for Disease Control (CDC) have said that healthy people under the age of 65 should do without a flu shot.

Gee, that's what we just talked about.

So even if there were enough flu vaccines, why would You be urged to get one?

The CDC just said that healthy people under the age of 65 can do without a flu shot.

Those of you who take care of your immune system Year `round don't have anything to worry about.

The question you want to ask yourself is "Do I really want to have a live vaccine injected or inhaled into my body when my immune system is not in the best of shape?"

Before you decide just how easy this decision is to make, Let me explain a few things which will make the decision a little easier.

Flu Vaccine Hysteria

This years' flu vaccine is tailor made from LAST years' flu strains, so it is not going to be as effective against THIS years' flu strains.

Are you aware of all the additives in the flu vaccine and vaccines in general?

These additives are all highly toxic to the human body, let me show you ...

The biggest problem you face with flu shots is that you are being injected with a number of toxic additives.

How would you like to have antifreeze injected into Your body? Don't worry, they call it ethylene glycol. Makes it sound better doesn't it?

Anyone for aluminum? (it's only to promote Antibody response) Or formaldehyde? (to kill Viruses).

Here's the best one - a mercury derivative (used as a preservative), called Thimerosal.

Are there safer alternatives to vaccines?

Of course there are. Let's go over some of the most effective proven, safe and natural ways to keep your immune system healthy no matter what season it is.

Are you aware that you can do one simple thing to easily boost your immune system?

Lose the sweets. That's right, sugar compromises the immune system.

Eat a healthy diet with plenty of vegetables, fruits and fresh organic meat protein.

Here's another one - wash your hands more often.

As many people are walking around with colds, you may be shaking hands and touching things others have.

How about those zinc gluconate lozenges you can get at any drug store? These are not only highly effective when you have already caught a cold, but also to keep Your immune system strong when those around you are sick.

Naturally, supplements and herbs have been effective for thousands of years as a proven remedy to ward off colds and flu.

And here is a list of proven natural and effective Homeopathic remedies.

Vitamin C - Be sure to get a natural form of this one

And also make sure it contains bioflavonoids to help absorption.

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A good natural multi-vitamin

Echinacea

Grapefruit seed extract (GSE) which is available in liquid, tablet and capsule form.

Olive Leaf Extract

Black Elderberry Extract

And finally, as long as you are cooking, cook with plenty of fresh garlic.

These are all simple and inexpensive remedies for maintaining your best health all year long.

Naturally, the more of these remedies you combine, the more healthy benefits you will receive.

You can easily stay healthy by taking action now.

Sources:

Health Sciences Institute e-alert "Flu vaccine shortage",
October 6 , 2004, Jenny Thompson

Health Sciences Institute e-alert "This week",
October 8 , 2004, Jenny Thompson

Lee Cummings has been helping people solve real problems and feel better with proven nutrition for over 4 years. Lee publishes the montly LC Nutrition newsletter. For a No cost Report –

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What's a Fujian Flu?

By Dr Tim Ong

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Flu Vaccine Hysteria

Introduction

There is a flu outbreak every year and there is a new flu vaccine being introduced every year. The reason is this – the flu virus changes or mutates a little every year, making it impossible to create a vaccine that is permanently effective year after year. Instead, each year a new flu vaccine needs to be introduced that is effective for that particular year.

According to data from Center for Disease Control, Atlanta, USA, this year's flu outbreak that is happening in USA is mainly due to flu virus of the Fujian variant (79%) and the Panama variant (21%).

So, is flu vaccine effective?

No vaccine is 100% effective. For the flu vaccine to be effective for this outbreak, ideally the vaccine needs to contain both the Fujian and Panama variants. Unfortunately, the present available flu vaccine isn't.

However, that is not to say that the vaccine is totally useless. It would still afford a certain degree of protection as there is cross-immunity. In other words, the immunity that you get from one particular variant provides you with partial protection against other variants. Some protection is better than no protection, particularly for the immuno-compromised, such as:

- those above 65 years old
- children below 2
- people undergoing treatment for terminal illness
- those travelling to affected areas in USA

Some Common Sense Approaches

As in all outbreaks, the flu vaccine is currently difficult to come by as demands outstrip supply. Thus, if you think you are likely to be affected, try to get the vaccine as soon as you can. It takes two weeks after the injection for the antibodies to be produced and for you to be protected. So, if you're going to USA in two weeks time, go for your shot now!

Besides the vaccine, there are some simple preventive measures you can take.

1. Wash your hands every time you touch something that others have touched. Flu is air-borne and droplets containing the virus can deposit on any thing you touched. Carry wipes with you, for that purpose, when away from home.
2. Boost up your immunity by eating a proper and balanced diet, containing lots of vegetables and fruits. Go for your daily walks or exercise, even if it's only for 10–15 minutes. Drink plenty of water.

Take vitamins and mineral supplements if you think you're deficient in those.

3. Avoid crowded places. Being in a crowded place increases your risk of being exposed to someone

with the flu.

4. If you're having the flu, stop it from spreading by staying at home or covering your nose and mouth when you sneeze.

Dr Tim Ong is a medical doctor with more than 13 years of clinical experience in family medicine. He is also the webmaster of KlinikOng.com (<http://www.klinikong.com>), The Self Improvement Site (<http://www.theseimprovementsite.com>) and Caring for the Terminally Ill (<http://www.caring-terminally-ill.com>).

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