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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How To Prevent Flu/ Low Immune System And Natural Remedies.**

**By Pieterneel Van Giersbergen**

Years ago when worked in a small clinic the MD's stated; January, February March.....the busiest time of the year. After the holidays with too much candy, people seem to get sick. It is every year the same. Many years later: Yes I verified the fact that more people are sick, a lot of flu and complications. Doctor's offices, emergency department and hospitals these months are the busiest months of the year. Especially children and older people are mostly affected with the flu. Many people have complications of the flu from upset stomach, ear infections, chest congestion and sinus infections.

This year again many of my friends are sighing under this burden of the flu. My close family so far has not shown a sign. My remedies seems to pay of:

You want to hear my anti flu remedies:

1. Avoid sugar 2. Go on a liquid diet when feelings of run down 3. Start with every hour 2000 mg Vitamin C for at least 4 hours or when your bowel movements are starting to turn soupy 4. Start right away on Oil of Oregano at least for 14 days as flu is a viral infection. 5.Sleep well and avoiding stress is of course common sense, which is not common at all.

For more information on how to prevent flu's, see my article on my website. Keep reading: Louise Hayes says in her book "You can heal yourself" that people believe that they will get flu's...a mass believe idea.

Christiaane Beerlandt says in her book the keys to self-realization: you need time for yourself in a busy society. Your flu is a break through to not get serious illnesses, give it time. (1 ½ page more of info).

Enjoy your life eat and live healthy. Give up unnecessary suffering. Mr. Ouspensky said it is the last thing people want to give up.

For more questions please feel free to check out my website with more then 120 pages of common sense healing.

Warmly Pieternel.

Pieternel has been an R.N for over 25 years. She develops natural products and writes original articles on preventive health . Her site on natural health products has over 120 articles common sense healing.

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## **Flu Vaccine Hysteria**

**By Lee Cummings**

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.

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 ...

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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.

A good natural multi-vitamin

Echinacea

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

## How To Prevent Flu/ Low Immune System And Natural Remedies.

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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Flu Vaccine Hysteria

Flu Shot Alternative – Seasonal Change

Yeast Infection: Relief Using A Natural Antibiotic

Gearing Up for Flu Season

Moducare – Immune System Supplement

How To Improve Blood Circulation

Take Control of Alcohol

Natural Pain Management

Understanding Acne: Causes, Cures and Myths

Stress The Silent Killer



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