

This Could Be Better Than A Flu Shot!

This Free E-Book is brought to you by Natural-Aging.com.

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

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By Lawrence Stepanowicz, ND

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Do you get flu shots?

Have they helped you?

The last one I got was in 1970, while in the Army. I had no choice. It made me pretty sick.

My wife's grandmother did worse than that. She died as a result of one back in the early 1960's. So, as a little girl, my wife lost her grandma, who was otherwise healthy, to a flu shot.

It's known that people can die from immunizations... including flu shots. They can also become paralyzed with Guillain Barre Syndrome from taking vaccines.

Can a vaccine protect you at all?

Even some MD's don't think so.

And can a flu vaccine based on last year's virus combat this year's strain?

At best, developing a flu vaccine is just playing a guessing game. It's like trying to protect against terrorism without much, if any, specific information as to where the attack will come from and what form the attack might take.

So what can you do to keep from getting the flu?

First, implement the Baseline of Health, as described in 'Lessons From The Miracle Doctors.' This will enable your body to deal with a variety of possible problems including the flu. Health is your best defense against illness! Or to paraphrase old TV detective Columbo, if you take care of your body, your body will take care of you!

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Next, use herbs like garlic and echinacea which have been shown to support the body's immune function, or use a product like Immunity Plus.

I don't remember the last time I had a cold or the flu. In 1994 I began experimenting with colloidal silver and found that I could knock out a cold the day symptoms began by spraying colloidal silver into each nostril at bedtime and letting it drain through to the back of my throat. I would go to bed with stuffiness and wake up the next day symptom free.

* For more about colds and how they work, see my article 'Your Body Works to Keep You Well!' at:

<http://practicalhealth.net/yourbody.html>

Since the fall of last year, I've been doing things differently. At the first sign of a cold — like the sniffles — I'll take two droppers full of Immunity Plus in a bit of water and followup as necessary. That does the trick. Sometimes I'll use it as a "chaser" with echinacea and garlic capsules. And so far, it's stopped any attack dead in its tracks.

In fact, I've had a bottle of Flu Buster on hand, just in case, but have never had to use it. By keeping my baseline up and by using the Immunity Plus as needed, cold and flu viruses haven't seemed to have a chance.

I like Immunity Plus in water, though it nicely spices up tomato-based juices like V-8.

If you go to my website...

<http://skyhoop.healingamerica.com>

...click on 'Products' and 'Immunity Plus' you'll be able to hear Jon Barron's 'Listen/Learn' description of read his 'Barron Report' on the product.

And while you're there, why not try a bottle? It might be just what you need to spare you any downtime as cold and flu season draw near.

Lawrence Stepanowicz, ND is a naturopath and publisher of Practical Health. For a free subscription and a free copy of Jon Barron's "Lessons From The Miracle Doctors" visit <http://practicalhealth.net>

Flu Shot Alternative – Seasonal Change

By J. Ratliff

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If you are among the millions of Americans this year who was not able to get a flu shot, then you should be aware of alternative medicines.

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A product called Seasonal Change may help keep you from getting the Flu this season.

What is Season Change?

Progressive Health's Seasonal Change formula may be able to strengthen your immune system and help you recover from your seasonal illness such as the flu.

The national institute of health estimates over 108 million cases of a cold or flu are reported on a yearly basis.

People who take Progressive Health's Seasonal Change have a reduced risk of becoming ill. Studies show vitamins in our product may be utilized by white blood cells at 4 – 6 times the normal rate during an incidence of a cold or flu.

The common cold and flu are caused by viruses that attack the upper respiratory system. Natural supplements are almost always recommended before OTC drugs, here are some reasons why:

Possible side effects with pre-existing conditions or medications may prevent the use of OTC drugs
Certain occupations are restricted from use of antihistamines, such as pilots and truck drivers
Many believe natural products are better for you and more effective in the long run
Vaccinations may not be adequate protection.

To learn more about Seasonal Change, please visit

Jamie is a technical and health writer for numerous websites. This article was recently written for

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