

## **Avoid the flu without the flu shot**

Every time on the news you are reminded to get the flu shot, but is this the best answer to preventing the flu? Considering that the shot only immunizes for the 3 worst predicted strains of the flu and that viruses mutate and change like the shuffling of a deck of cards, maybe the shot isn't the best prevention.

How a vaccine works? It inserts strains of real virus or virus parts into the body so your immune system could learn how to fight against it if it will encounter the same virus later. In order for you not to get infected from the shot itself, the virus is inactivated and then preserved using various products that are part of the vaccine too. The effectiveness though is weak: studies show that on the average, with or without vaccine there is NO INFLUENCE on hospital stay, time off work, or death from influenza and its complications (<http://www.bmj.com/cgi/content/full/333/7574/912>). In addition, there are the side effects of the vaccine like: cough, runny nose, nasal congestion, headaches, chills, fever, and muscle aches – sounds a lot like the flu itself. Moreover, you will get toxic or hazardous ingredients like: Mercury (as Thymerasol, some vaccines) – potent neurotoxic, Formaldehyde – cancer-causing agent, Aluminum – a neurotoxin that has been linked to Alzheimer's disease, Triton X-100 – a detergent, Ethylene glycol – antifreeze and maybe others not disclosed.

Here is what we can DO naturally. And the list doesn't start with what to take but with what to do! Is your responsibility!

### **Wash Your Hands and Face Often (include ears and nose!)**

Washing your hands is added insurance against the flu by preventing the spread to your eyes, nose, mouth or other people. If your immune system is strong you should be able to fight off the virus if it does enter the body. Do it as often as you get in contact with objects touched by other people. However, do NOT use an antibacterial soap! It does nothing against viruses and you need your own bacteria to help in the fight.

Gargle and wash the nose/nostrils too, at least once a day, with saline solution. For gargle you may have other "stronger" options like: peroxide, propolis tincture or colloidal silver.

Periodically, rinse hands, mouth, nose, and ears with peroxide - 3% from any pharmacy may be OK although for children and sensitive areas (nose, ears, etc) use a dilution 1:1 with purified water.

### **Avoid Sugar**

Sugar immediately weakens the immune system, and a strong immune system is the key to fighting off viruses and bacteria, including the flu. Consider the holidays from Halloween to New Year. Sugar is in nearly everything you eat. Widespread flu follows these two months of immune assault.

It is especially important to avoid all sugar and especially high fructose corn syrup when you feel you are coming down with any illness not only flu or cold. However, a hot tea with plenty of lemon and some honey will be OK – this is medicine not food. Read my newsletter about sugar for more details.

### **Use Silverware**

Old tales said that during medieval time, those who used real silver silverware were more protected from diseases, including the deadly plague. Modern studies discovered that silver has antimicrobial and antiviral properties. There is no better protection than using old grandma's silverware.

I'm getting ahead with recommendation of what to take but this is the time to recommend a good nano-sized Colloidal Silver (<http://www.mynsp.com/amrohealth/products/guide.aspx?stockNum=4274>) for few days. This is a necessary product to keep it in you cabinet for periodically use.

## **Exercise Regularly and Get Enough Rest**

Exercise increases circulation, blood flow, and stimulates lymph circulation through out the body. You need to exercise 30 min a day (60 minutes if you are under 18 yoa). Since white blood cells which fight infection, are better circulated you have a better chance of fighting off a virus before it spreads throughout the body.

Exercising also helps you resting better. Regular rest will ensure that your body is strong enough to stay well.

## **Detoxify periodically**

Drink plenty of water - at least as many ounces as pounds you have. Use our instruction about evening and night water intake from the water newsletter.

Detoxify upper body lymphatics. Use clay on sinuses, throat and chest. You can mix the clay with a lymphatic drainer like Cat's Claw extract or just with vinegar, and add a little Neem Oil to it.

Don't forget about detoxifying baths (especially those with baking soda), foot baths, or infrared sauna. The hottest bath you can stand (as well as fever) might just kill the weakened infected cells.

## **Balance your body**

Have your rib cage, the reflex areas for thymus, sinuses, and solar plexus, and the spinal regions that innervate them treated to be sure that the energy, nervous, blood and lymphatic flows are healthy. Be sure to ask us (or your chiropractor that also does reflex and bioenergetic work) to check for these areas since they are not part the routine treatments! Those treatments need to be done rithmicly and periodically. Like you are brushing your teeth to prevent cavities, you have to take care of your energy, nervous, blood and lymphatic circuits.

## **Protect against electromagnetic pollution and stress.**

All cells of our body work using tiny electrical and electromagnetic signals. If you are exposed to constant electromagnetic stress (like power lines, cell phones, computers, store scanners, etc.) your body is bombarded constantly with a lot of electromagnetic "noise". Since we cannot turn of this "noise" all we can do is to make it more harmoniously.

My recommendations are: a special bioenergetic treatment you can get in our office or from another doctor that knows TBM. Also harmonize your major electromagnetic sources in your environment: power circuits, and battery operated devices (including cars and cell phones). The easiest is the Q-tape from PR Labs. Also use Soft Laser and Tektites for the body. You can also refer back to cell-phone / emf protection newsletter.

## **Control & Manage Stress**

We all deal with stress every day, but when it becomes overwhelming it renders us ineffective, mentally, physically, psychologically and weakens the immune system. It has been estimated that 90% of all disease and illness is stress related. It is important to remember that even your body differentiates between good stress and bad stress - too much of a "good" stress becomes "bad" stress. Staying up half the night catching up and laughing at a family reunion is perceived as stress just as a family argument is.

Keep a positive attitude and a good spirit. If your thoughts, emotions and memories consume too much of your energy you probably need a neuro-emotional balance. I'll help you identifying and jump-start the repatterning and balancing your subconscious issues. You might be just 30 minutes away from feeling the best you can ever be.

## **Diet**

Increase you alkaline producing foods (fruits, veggies, fermented dairy products)

## **Meditate or Pray daily.**

This is the only way you can get your mind, soul, and body back in harmony. Without this harmony all you do is like swimming against the current: a lot of effort with minimum results! Get your own icon ([http://amrohealth.com/AmRoHealth\\_Icons.html](http://amrohealth.com/AmRoHealth_Icons.html)) or try TIMM ([www.am-ro.com/timm](http://www.am-ro.com/timm)) as an easy 1 minute meditation to balance your left and right brain throughout the day.

## **FINALLY, WHAT TO TAKE?**

### **First and safest: Use an antiviral homeopathic remedy.**

You can get a custom made one from our office for \$10. We use a special electronic technology to enhance the effect of homeopathic remedies based on your own electromagnetic field.

Homeopathic remedies are safe enough even for infants. They have no sugar added to mask nasty ingredients, and no preservatives or detergents, because there is no need for such things in a homeopathic remedy. Homeopathy works by showing the immune system whom to fight against without bringing in the real enemy. It's like showing a "picture" of the enemy instead of injecting the enemy itself (i.e. the influenza virus).

### **Take good supplements**

**Garlic** is the front-runner It has triple benefits: anti-viral, anti-bacterial, and anti-fungal. Fresh garlic is one food that you should be eating every day during the cold season. History reveals the virtues of garlic's potency during the Bubonic Plague in Europe when it protected four thieves who stole from infected dead bodies. I use NSP Garlic (<http://www.mynsp.com/amrohealth/products/guide.aspx?stockNum=290>) or PR Labs Allicidin Complex™.

**Nucleotides™** (2 cps every 2 to 4 hours): the best material to protect and repair the DNA affected by viruses.

#### **Mandatory vitamins:**

- **Vit C** (200 mg every 2 hours)
- **Vit D** (500 UI/lb, at breakfast; for example, if you weight 200 lb you need 100,000 UI !!! ) FOR 3 DAYS (ONLY), when you feel you get the flu. Otherwise 2000 UI / day are enough.

Other helpful supplements: Vit A, Zn, olive leaf extract, and propolis.

### **Final notes**

Stress, fatigue, sugar and lack of exercises are a lethal cocktail that is often the difference between actually getting sick and fighting it off.

At the first hint of illness get enough rest, reduce stress of all types, avoid sugar, take nano-silver, take at least Vit. C and D, get a comprehensive bioenergetic treatment addressing electromagnetics, immunity, and the subconscious, continue with homeopatics for few days and pray or meditate.

### **Dr Marius**

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