



Hands of Health Newsletter

January/February 2007

ANOTHER New Year! Where do they go? Last year flew by in a flash. I'm going to do my best to fight back this year and drag it out so it feels like TWO years. Of course, that's just my opinion, I could be wrong. ANYWAY, hope all your holidays were pleasant and enjoyable. Now that they are behind us we can get back to our "normal" lives and as I always emphasize we MUST take care of our health. I kept my regular routine throughout the holidays so I stayed on track. If ya didn't then there's no better time than RIGHT NOW to do so. I'll repeat it from here to eternity that the best road to health is diet, exercise, and regular massage. Regular meaning on a regular basis whether that's weekly, every two weeks or every three weeks. I've found that past every two weeks you aren't going to get maximum benefits and it will take longer to achieve the best results. It's almost like starting from square one every time you come in. The idea is for you to come in because you want to feel good, not because you're in pain although once in awhile after you've been in for a while that will be the case.

I found a couple of articles some time ago, one of which may have been more helpful around November but nonetheless the article on flu shots from my chiropractor's website can still be beneficial. So read and learn something.

FLU SHOTS: WORSE THAN THE DISEASE?

By Thomas S. Lee, NMD, Reprinted from "The Elements of Health"

Even if the flu vaccine were available, would you see to use it or not? To prevent the flu or treat a case of it, with or without the "shot," you will want to use natural methods that work. Here are some thoughts about the vaccine for flu, and our approach to preventing or treating it.

The Flu Virus - Millions of people catch the flu and only experience mild symptoms. Even more are exposed and acquire immunity without ever noticing symptoms. Even if symptoms are not severe, the body will produce antibodies that will remember that particular virus for a very long time, possibly life-long. The Centers for Disease Control present mortality rates from the flu combined with those from pneumonia, so reading these statistics in context does not support a high rate of flu mortality in the U.S. in modern years.

The influenza virus is usually a form of corona virus, and it spreads through coughing and sneezing, contact with common surfaces, and unwashed hands. Touching your own eyes, nose, or mouth with your contaminated hands and fingers is the most common way this virus is naturally introduced into our bodies.

Once in your body, a virus will incubate without symptoms for a couple days before you notice you have a problem. The dreaded flu symptoms of fever, chills, aching, coughs, fatigue usually last two or three days, then subside and are gone in a week.

The Vaccine - The flu vaccine was developed to give a boost to your immunity without having to experience the flu itself. Hundreds of strains of the influenza virus are known. Several of these are selected as a best guess each year for what is in your community now. The virus is grown in a cell culture, then "killed" with toxic chemicals, and preserved with mercury. The result is diluted to a specific range and bottled for sterile injection.

Here are the ingredients of two popular flu vaccines:

FLUSHIELD: Influnza Virus Vaccine, Trivalent, Types A & B. Wyeth-Ayer, 1-800-934-5556. Produced using gentamicin sulfate, formaldehyde, polyso 80, tri(n) butylphosphate, and thimerosol. Medium: chick embryos.

FLU VIRIN: Influnza Virus Vaccine. Medeva Pharmaceuticals, 1-888-MEDEVA, 716-274-5300. Produced using embryonic fluid (chicken egg), neomycin, polymyxin, thimerosol (mercury), and betapropiolactone. Medium: embryonic fluid (chicken egg).

I was unable to locate any medical tests of these preparations in a scientific, clinical setting, and I doubt they have ever been done. A survey from Health Canada suggests that for people over 65 years old, the efficacy rate of the vaccines is less than 30 percent. My own patients describe that the shot doesn't prevent the flu, but when they catch the flu after they have had the shot, it is a less severe case that lasts longer, sometimes several weeks. This doesn't prove that the flu shot caused these reactions, but I have heard similar reports from other physicians over the years.

Scientific proof that mercury is toxic is available, however. Hugh Fudenberg, MD, a famous biologist tells us that if someone has had five consecutive flu shots between 1970 and 1980, their chance of developing Alzheimer's Disease is ten times greater than if they had one, two, or no shots. When asked why, he blames mercury and aluminum buildup. We can under-

stand that repeated injections of these poisons would build up in a body. I wonder how many other neurological disorders and forms of dementia would also be caused or worsened by repeated vaccinations (especially in the young, old, or weak).

The flu can be very uncomfortable for a few days, but it does not represent much danger or suffering for most who contract it. When you have had it, a long-term immunity results. The vaccine might protect for a few months from a few strains of flu among hundreds known. The mercury load is cumulative, so more shots mean greater risk of Alzheimers, MS, or other toxic conditions. The vaccine itself is unproven, ineffective, and dangerous, especially in solution with proven nerve poisons.

First Aid to Prevent or Lessen the Flu - There are better ways to defend ourselves than these risky flu shots. Here are some natural health tips: Immediately cancel work, appointments, and get child care to get extra rest. You'll be hit by less disruption, misery, and cost if you make these efforts early.

Warm up in a hot bath and drink hot tea. Herbal teas that will be helpful include any single or combination of the following herbs in teas: Peppermint, Yarrow, Elder, Goldenseal, Echinacea, Ginger, Rhodiola, Lomatia, Lonicera, Forsythia, or many others. You can sweeten these with a little honey, licorice, or stevia if that helps you get down several mugs of your tea every day you are defeating the flu. Leave a pot of tea on your nightstand and sip it whenever you get up. Eat a light, warm meal if you want, but try to go to bed a bit hungry.

Get into bed whatever the time, rub your feet warm and wear socks, shut out noise and lights, and sleep as long as you can.

The next day, make NaturoDoc' Flu Soup.

Too tired to fuss: Get takeout soup from a Thai restaurant. "Tam Yum Kai" is a delicious Thai chicken soup containing Galanga, a powerful herbal medicine.

Eat soups and drink hot teas frequently in small amounts during the next day or two. Avoid alcohol, caffeine, and sugar during your recovery.

Stay active with walks and stretching, but keep exertion at "half throttle" for a few days.

A cleansing enema before the hot bath and bed will also help cleanse the lower colon and help your immune system have more strength in the coming battle. Use 1 tsp. of salt and 1 tsp. of baking soda in 2 qts. of warm water.

Also take a multivitamin and mineral capsule with the soup or a tea, and Vitamin A and D in an amount of 20,000 IUs A and 2,000 IUs D. Chinese patent medicines such as Gan Mao Ling or Yin Chiao, taken 5 or 6 tablets a time, might help before that first sleep as well.

In Closing - You can catch the flu, sidestep much of the discomfort with natural treatments, and recover with a permanent immunity to the current virus. Many people just build up their immunity from exposure, and don't ever experience flu symptoms. With fewer, less ill people, we will have less risk every flu season. Just having a plan will help get you rest easier and get control of this infection.

There it is. Hope everyone stays "flu free"! The key is building up your immune system. I NEVER get the flu nor do I get flu shots. This reminds me of an episode of M A S H where Hawkeye got a flu shot and the next day or so said it worked; he got the flu! 'Nuff said! So again, get back to eating right, exercising 4-5 times per week both cardio and strength training and get in to see me for your massage. Your body, mind and spirit will thank you; and me! So let's look ahead to making this a great year. And remember, Valentine's Day is coming up and what a great gift massage would be for that special someone in your life. Gift Certificates are available and ready for shipping! Also remember that rates have increased effective January 1, 2007.

Until next time.

Stay healthy, stay well,



With proper care the human body will last a lifetime.

I Love Referrals!!!

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