



Mowry Chiropractic



Influenza, H1N1, Swine Flu

What do you know about the flu? What have you heard from the media or from your friends? The biggest question we should be asking are: do I know the facts and how can I protect myself?



For the past three weeks, every single day, I have dozens of people asking my opinion about the flu, swine flu, H1N1, or the vaccines that are being promoted around them. So, I felt it necessary to do what I so love to do, talk and write about those things I'm so passionate about. You! My friends, my family, and my patients.

The Swine Flu blitzkrieg has swept across the world. Panic stricken Americans have been deceived into believing the only way to save themselves is by good hygiene and getting the vaccines. The charlatans of the medical and pharmaceutical establishments have joined focus with the fear mongers of the media and subsidized by the American government in generating a shock wave of horror stories. Many have succumbed to the drug peddler's dogma of salvation through vaccination.

Some analysts say the media are collectively going overboard. "Of course we're doing too much to scare people," said Mark Feldstein, a former correspondent for NBC, ABC, and CNN who teaches journalism at George Washington University. "Cable news has 24 hours to fill, and there isn't 24 hours of exiting news going on. If you scare people, they'll tune in more.

Let's stop the insanity and open our eyes, turn on the lights, open up the closet doors, look under the bed and demystify this "monster". If it does exist, what does it look like and what does it pose?

Definition of H1N1

Novel H1N1 flu, popularly known as swine flu, is a respiratory infection caused by an influenza virus first recognized in spring of 2009. The new virus, which is officially called swine flu influenza (H1N1), contains greater material from human, swine and avian flu virus. Technically, the term "swine flu" refers to influenza in pigs. Occasionally, pigs transmit influenza virus to people, mainly hog farmers, and veterinarians. Less often, someone infected occupationally passes the infection to others. You can't catch swine flu from eating pork. Unlike typical swine flu, H1N1 flu spreads quickly, and easily. In June 2009, when the infections spread had been verified worldwide, the World Health Organization declared H1N1 flu a global pandemic.

Inside this issue:

Symptoms of H1N1	2
Complications	2
Causes	2
Ingredients of H1N1 Vaccination	2
Biology/History	3
Prevention/Relief	4
Nutrition	5

Follow these Links to Learn More!

www.mowrychiropractic.com/

www.americanbiotechlabs.com

www.mavoclinic.com



Symptoms

The symptoms of Swine flu in humans are similar to those with other flu strains:

- **Fever**
- **Cough**
- **Sore throat**
- **Body aches**
- **Headaches**
- **Chills**
- **Fatigue**
- **Diarrhea**
- **Vomiting**

Swine flu symptoms occur 3 to 5 days after you are exposed to the virus and continue for about 8 days, starting 1 day before you get sick and continuing until you've recovered.

Causes

Influenza viruses infect the cells lining your nose, throat, and lungs. The virus enters your body when you inhale contaminated droplets or transfer live viruses from contaminated surface to your eyes, nose, or mouth on your hand.

Complications

Influenza complications include:

- **Worsening of chronic conditions, such as heart, diabetes, and asthma**
- **Pneumonia**
- **Respiratory failure**

This information comes from the Mayo Clinic Website

Here are some basic facts that we already knew from years of different strains of influenza:

- 1. Different strains have been present for as long as history has been recorded.**
- 2. The strains mutate around their environment to ensure survival.**
- 3. People die every year from influenza**

“What seems to be different about this flu is that it seems to be affecting children and pregnant mothers more prominently than other strains of influenza.”

H1N1 Vaccine Ingredients

- aluminum hydroxide
- aluminum phosphate
- ammonium sulfate
- amphotericin B
- animal tissues: pig blood, horse blood, rabbit brain, dog kidney, monkey kidney, chick embryo, chicken egg, duck egg
- calf (bovine) serum
- betapropiolactone
- fetal bovine serum
- formaldehyde
- formalin
- gelatin
- glycerol
- human diploid cells (originating from human aborted fetal tissue)
- hydrolyzed gelatin
- monosodium glutamate (MSG)
- neomycin
- neomycin sulfate
- phenol red indicator
- phenoxyethanol (antifreeze)
- potassium diphosphate
- potassium monophosphate
- polymyxin B
- polysorbate 20
- polysorbate 80
- porcine (pig) pancreatic hydrolysate of casein
- residual MRC5 p (mercury)

It has been estimated that 80-90% of the 2009-2010 influenza outbreak will be H1N1. The remaining 10-20% of people affected by the flu will be affected by the traditional seasonal flu.

Locally, at the beginning of the school year, there was a heightened level of fear and concern about children being infected with the H1N1 flu. If the kids had the symptoms of the flu, they wanted them to go to these doctors and be checked for the H1N1 virus. This was recommended so that the CDC (Center of Disease Control) could monitor the outbreak. Currently, the position of the CDC and local officials is that if you have symptoms of the flu, then stay home, drink plenty of fluids, and when you are 24 hours past symptoms then you can return to your normal activities.

Why the sudden change in attitude about the H1N1 is due to how our immune system is responding to the virus and the virus is not having the impact that was suspected.

“The morbidity and mortality rates are already on the decline in many parts of the world. This statistic was happening before the introduction of any vaccine. “

This is so important to understand!

The reason this is happening is because this is how nature works.

The viruses, bacteria, and microorganisms were here well before humans ever walked the earth, and they will be here forever. Our responsibility is to learn to live with them on this planet harmoniously. We are not here to try and kill them all off.

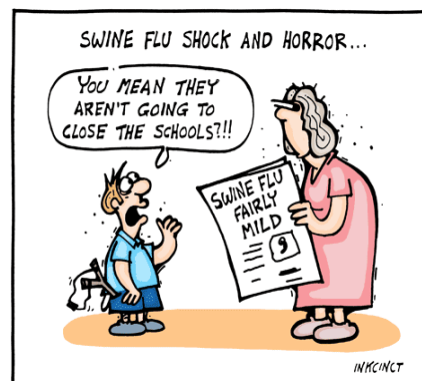
Here is how it happens in nature. These viruses, bacteria, and microorganisms are opportunistic bugs. They are not here to kill us; they are here feeding on weak, and or dead tissues if they are given an opportunity. If we are healthy and our immune system is responsive when these bugs come into our body, our immune system destroys them. That is how our systems response mechanism is programmed.

So rather than waging a war that we will never win by trying to kill these “bugs”, we need to learn how to strengthen our body’s immune system so that these “bugs” don’t see us as their opportunity to eat, live, and breed.

Let’s take a look at how the “war on bugs” turned out...

Back around 1875 antibiotics were described by Louis Pasteur and Robert Koch. They described the effect of killing bacteria and described the medical affect these antibiotics had on opportunistic

bugs. In 1932 antibiotics were commercially produced and distributed by medical practitioners. Louis Pasteur warned of the over utilizing of antibiotics but was ignored and here is how nature works in biology.



Since the widespread usage of antibiotics in WWII we have witnessed the exponential usage of these drugs from treating life threatening bacterial infections of the war fields to today they are mis-prescribed for viral infections and like the common cold.

The repercussions of these actions have resulted in these bacteria mutating and becoming resistant to the antibiotics. Today the most dangerous place for these bacteria have been here for longer than we have and the idea that we need to kill them is a philosophy that doesn’t work. The only philosophy that does work is the one that focuses on strengthening our own immune system so that we don’t give the bacteria an opportunity to flourish and multiply.

During Flu Season Prevention Guidelines

Prevention for Adults

1. Strictly avoid all dairy
2. Stay hydrated
3. Get adequate protein
4. Exercise at least 30 minutes, 30 days per week
5. Supplementation

- A. Silver: 1 tsp. 1x a day
- B. Defense: 2 capsules, 2 x day
- C. Take a high potency multiple vitamin
- D. Lauricidin; take one scoop a day
- E. Vitamin C: take 3000 mg a day
- F. Vitamin D: take 5000IU a day
- G. Zinc Lozenge: one 15mg lozenge a day
- H. Flora

I. Spread these dosages throughout the day with meals—Do not take the full dose in one sitting

J. Be sure to take advantage of our Flu Prevention Pak

Prevention for Kids

#1 -4 are the same as the adults

Supplementation

- A. Silver: 1 tsp. 1x a day
- B. Defense: 1 capsules, 2 x day
- C. Take a high potency multiple vitamin for kids
- D. Lauricidin: take 1/2 scoop a day
- E. Vitamin C- take 500-1000mg a day
- F. Vitamin D -take 1000IU a day
- G. Zinc Lozenge—1/2 of a 15mg lozenge a day
- H. Flora

I. Spread these dosages throughout the day with meals—Do not take the full dose in one sitting

Pick up your supplements at the front desk, today!

During Flu Season Relief Guidelines

Cold Flu Relief for Adults

1. Strictly avoid all dairy
2. Stay hydrated
3. Supplementation
 - A. Silver: 1 tsp. 3x a day
 - B. Defense: 2 capsules, 3 x day
 - C. Take a high potency multiple vitamin
 - D. Lauricidin: take 3 scoops per day
 - E. Vitamin C; take 3000-4000mg a day
 - F. Vitamin D: take 5000IU a day
 - G. Echinacea: 150mg, 6 times per day
 - H. Zinc Lozenges: take 4-6, 15mg zinc lozenges for a few days. Watch out for hidden artificial colors and sweeteners.

Relief for kids

#1 and #2 are the same

Supplementation

- A. Silver: 1 tsp. 3x a day
- B. Defense: 2 capsules, 2 x day
- C. Take a high potency multiple vitamin
- D. Lauricidin
- E. Vitamin C: take 500-1000mg a day
- F. Vitamin D: take 1000IU a day
- G. Echinacea: Take as recommended on the bottle. Watch out for hidden artificial colors and sweeteners.
- F. Zinc Lozenges: take 1-2, 15mg zinc lozenges for a few days. Watch out for artificial colors and sweeteners.

Mowry Chiropractic

240 North Liberty St. Suite R
Powell, OH 43065

Phone: 614-436-9070
Fax: 614-436-8803
E-mail: info@mowrychiropractic.com

Visit us on the web at:

www.mowrychiropractic.com

Follow us on:

facebook



Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save and preserve it.

-Plato

Nutrition

Nutrition is a critical determinant of immune responses and malnutrition the most common cause of immunodeficiency worldwide. Poor protein intake is associated with a significant impairment of immune defense. Deficiency of single nutrients also results in poor immune responses. This is observed in even mild deficiency states. Zinc, selenium, iron, B-6, folic acid and vitamins A, C, and E have important influences on immune responses. Poor weight management and obesity also reduce immunity. In the elderly, impaired immunity can be enhanced by modest amounts of a combination of vitamins and minerals.

Cream of Chicken Soup

2 C chicken stock or bouillon

2 small potatoes, peeled, diced

1 large carrot, peeled and sliced

½ C celery, chopped

¼ C celery leaves

salt and pepper, to taste

Bring stock to a boil. Add vegetables, salt, and pepper and return to a boil. Cover and simmer for 25 minutes. Pour into a blender and liquefy. Serve hot. If soup is too thick, use more stock or water to thin.

Yields about 3 cups.

Are you getting sick every winter?

This may be an early warning sign. Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

