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Immune Stimulation
Emphasis on Influenza

By Desiré Dubounet Prof Emeritus Of IMUNE

This book is to go along with the video series on virus from IMUNE. Please review the video and use this book as a study guide.

Everyone has some Immune Failure cells from time to time. Our immune system destroys them before they can proliferate. When there is an immune dysfunction the cells grow and multiply into the Immuno Failure mass. There can be an overall weakness or perhaps just an irregularity that stops proper recognition of the tumor cells. The Noble prize in medicine some years ago was awarded to an Argentinean research team that discovered that stimulating the immune system was the best way to deal with Immuno Failure and that the techniques of chemotherapy, radiation, and surgery were poor ways to deal with Immuno Failure.

In my experience the techniques of chemotherapy, radiation, and surgery kill more patients than Immuno Failure. It seems that the more they get it robs the body of the ability to deal with the Immuno Failure itself. The bible says that the healing of the nations will come from the leaves of the field. I have found that natural medicine is not only the best way to deal with disease, but the only way to get a cure.

I have seen many natural therapies that have quality degree of efficacy. So I have decided to put it into this book for all to read and for some to use. Our technique depends on the immune system dealing with the disease. If there is too great a weakness in the life force or too great a SOC index (Suppression and Obstruction to Cure) then perhaps techniques of chemotherapy, radiation, and surgery are for you. But if you want to choose another path or use this with the medical techniques then this article is for you.

The QXCI device can have powerful effects on your system. The therapy needs some help from the patient to not only improve the lifestyle but to push the immune system.

Responsibility, dedication, steadfastness, positivity, awareness, non judgmental, and faith are necessary. This path is work and requires diligence, perseverance, patience, and composure. There is no quick fix, no magic bullet. But for those who want health it is worth the confrontation. In continental Europe the people talk about taking the cure. Here they go to a spa, to relax, eat well, exercise, and use a variety of naturopathic healing techniques. For over two decades, I have been a consultant at several of the best spas of the world and I have designed many of the techniques used around the world. This article is designed for those of you who can’t afford the $2,000usd a day some of these spas cost. This article will help you at home, so now it is your turn to “take the cure”.

Maturity is the ability to see the consequences of our acts. The more mature a person is the more into the future he can see. We need to try to balance symptom reduction with mature vision of long term health. It is a shameful fact that most people are immature. A small reward today such as the cigarette is more important than a large punishment later, like a slow painful death from lung cancer. This makes addiction possible. And dependency is what the drug companies love, for people to get dependent on their drugs. And a small reward like symptom reduction is greater than the large punishment of side effects and a life of dependency later. Addiction, immaturity and dependence are all capitalized on by drug companies.
Maturity is the ability to judge the consequences of today’s positive actions and translate them into the future. The further you can see the positive effects of your behavior in the future, the more mature you are. The problem with people is that a very small minuscule reward now easily takes preference over a powerful punishment tomorrow. The cigarette today becomes more important than lying in a puddle of your own piss and shit anguish for each breath, expiring prematurely, leaving loved ones, and dying before ones time. Lack of care and maturity is the problem. Wellness is simply caring for oneself and Caring for your loved ones. Self Discipline is just as important as anything in Health and Wellness. Maturity and self Discipline also dictates the courage to stand against peer pressure and conventionality. Desiré stands for the fight for Health and Wellness. Desiré symbolizes this courage.

The most important thing in health care is to care. Care for your family, your friends, your country, your planet, and above all care for yourself. Not caring is the cause of most health problems. Caring is the first task, care to put away the cigarette, the sugar, the drugs. Care to talk, listen, share, enjoy, relax, laugh, feel passion is compassion.

The references that follow can point to the research data. There was an appalling amount of literature regarding these lectins and their mitogenic effects. The reference list provided is but a small sample. I apologize for the form of the references but that is the way they were shown in the literature I reviewed. It is quite amazing that with all of this research that the dietary recommendations are not prescribed for this devastating condition.

Society has chosen to get its foods from the fields and its medicines from the synthetic chemical companies. The serious flaw in the Synthetic Chemical Philosophy robs the public from some simple solutions. Therapy can come from the fields. Medicine must learn to look for natural solutions not always the profit pictures of the Synthetic Chemicals Companies.

Rather than looking for ways to synthetically reproduce Nature we should use it in its natural ways. A review of the current literature on AIDS will reveal a dramatic revelation. The life style changes are profound in helping the AIDS patient.

The Synthetic Drug therapies are weak and often ineffective. Natural medicine has much to offer AIDS technology, perhaps a cure.

When the patients and our society express the choice towards natural medicine then the technology will grow.

There are people who will get addicted to cigarettes, sugar, drugs and the refuse to see their decline in health. They say they are strong or different and the laws of physics don’t apply to them. They don’t care about anybody and especially the ones who love them. They wallow in their addiction and laugh at attempts to get them to see how they destroy themselves. Life means nothing to them, Love is but a way to get someone to get them a beer. The tiny stimulus of a cigarette is more important than their family who will one day watch as they painfully wallow in a puddle of their own piss and shit wishing that they could have changed earlier. There is are scientific names for these people like ASSHOLES, SMUCKS, IDIOTS, FOOLS, and of course Losers.
When I decided to make this book, I was reminded by a saying a good friend of mine once said. Whatever you do in life, some people will think you’re the angel, some will think you’re the devil, some or most won’t care. This book is a wake-up call to the sleeping masses.

This book is a warning, an alarm. This planet is in jeopardy and we need to care. The biggest problem is that most people don’t care. Because of this the extremely rich powerful controllers have no difficulty controlling the people. They control the media, the movies, the scientists, the governments, and the people. They dictate what we learn, what to think, do, say, and they are destroying our planet in the name of greed. And because most people don’t care their control is deepening. As you read this book and investigate, you will wake up from the hypnotic sleep the controllers have put you into. The controllers will say that I am the devil. Some will say that I am truly the Angel, some won’t care. But Please Care about Something. Care about yourself, care about your family, care about your planet, please care about something. Caring is the start of Healthy life, the start of intellectual growth, the start of waking up from the sleep.

Care! Please care!

1. The Synthetic drug companies do not know how to properly place the electrons around the atoms in making a drug. Nature uses QED via Photosynthesis to put some of the electrons into high energy quantum states. This is how we get energy and life.

2. The Synthetic Drug companies use antiquated outdated reductionism philosophy to assemble and test their drugs. The Fractal Complexity of Nature with it’s incredible complexity must be revered rather than ignored. The height of IGNORANCE is to ignore nature. An IGNORANCE that makes money.

3. There is no study known that ever shows a synthetic drug completely equivalent to its natural counterpart. The reductionism studies only measure the required variables. They DO NOT measure side effects. Side effects are observed and often only observed years or decades later. The laws and the FDA protect them.

4. Side Effects dominate and proliferate the Synthetic Drug scene. Look at the Physician Drug Reference and see that all drugs have a list often a long list of side effects. This is not natural. Almost Every year over a hundred drugs are removed from the market because they are hurting people. It’s just a matter of time before the hurtful side effects are seen.

5. Our society has now learned conclusively that synthetic foods are incompatible with health. We have now rejected all synthetics and we know that the finest quality comes from the natural. It is the next step of simple human consciousness and thought to see clearly that synthetic drugs are incompatible with the human body.
These include lacto-immunitas and others that are excellent at immuno-stimulation. So immuno-suppressed patients need to use probiotic foods twice daily. Two tins of Actimel are excellent.

ANTI-BIOTICS are contraindicated in viral or fungal conditions. They should only be used sparingly and only for short duration and of course only in emergency conditions.

It was sewage not anti-biotics that helped the world to overcome many diseases. Sewage helped and anti-biotics followed around and claimed the credit.

1. Antibiotics

In my research it seems that the use of Antibiotics is the co-factor that leads to death. There is no evidence of cure from Antibiotics, and much evidence of complication.

This would imply a strong link to a positive bowel flora as a strong component of the needed immune system. Antibiotics must be avoided at all costs. New research has shown that the dental use of Antibiotics was very irregular. The American Dental Association now is adamant

“Do Not use Antibiotics in dentistry”

Modern science does not like to research the bowel flora because its extreme complexity does not lend itself to reductionistic styles of statistic research.

But modern science of food manufacturing has helped. The science of Pro-biotic use or positive bacteria for the body, has developed quickly. Actimel, Activia, and many other natural food yogurt variation use a host of positive lactobacilli.
2. Processed Sugar

The body will benefit much more from a Levulose or left handed sugar that from a Dextrose or right handed sugar. Dextrose lowers hormone production, causes blood sugar troubles, causes brain fatigue, and most importantly causes a suppression of the immune system. Levulose stabilizes the blood sugar, stimulates hormone production, energizes the brain, and most importantly stimulates the immune system.

Dextrose is in the white sugar of the sugar cane, and the grape. The stripping of the minerals and nutrients which give it a white look are further culprits in immunosupression. Sucrose is a dextrose, as is honey. Use sparsely.

Levulose is also a name for fructose. This is fruit sugar. So the sugar from strawberries, apples, oranges and most other fruits are rich in Levulose. So use fruits for the sweet tooth. If berries are not sweet to you and you must have a processed candy bar, perhaps there is an addiction to deal with. Natural fruit candies and sweeteners are easily available today.

I have written a superb and thorough book on why sugar and cooking are a problem. “Eat Good Sugars not Bad, Eat Good Oils not Bad Oils” is a book you should definitely read. Get from IMUNE.

3 Street drugs

These all will further drop the immune system. They must be avoided. Use addiction control therapy if you need help.

4. Excess Stress, Stress can be useful

We call this Eu-stress. But negative emotions...
and excess stress are complicating of immuno failure and any immune disease. The ways that stress weaken immunity are proven and complicated. See our books on Stress and Electro-Smog to understand more. Get from IMUNE.

We pile things on and on till just one more straw...

When we finally collapse, we only remember the last straw and not the other larger burdens.

6. Bad Fatty Acids

The cell membrane of every cell is made from fatty acids. The good fatty acids come from the fruits and vegetables we eat. Animal products have bad fatty acids. Good oils such as olive oil and others are full of good fatty acids. Most of these are destroyed by cooking. The body must make these fatty acids, but it takes

5. The B-Cells Headquarters

To fight any virus or allergy you need the B-cell. He orchestrates the Antibody cascade to disable the virus and or allergy. The HIV virus attacks the T-cell and the patient dies from bacteria, fungus or cancer. These are all the job of the T-cell. The B-cell's job is to disable the virus, here the HIV.

The general or headquarters of the B-cell is the lymphoid tissues similar to the Bursa of the fowl. This is where the B-cell was first found hence the name B-cell. In ducks and fowl there is a bursa of lymphatic tissue in the neck.

In the human body the Bursa is a network of the Adenoids, the Tonsils, and the Appendix. These are not vestigial or useless but they are needed for immune function. They swell when under attack from allergy or virus. Some medical doctors then see them as the enemy and remove them. This results from a misunderstanding and lack of appreciation of the natural system.

It is better to deal with this swelling naturally. First remove allergy or desensitize them. Next light massage with menthol, wintergreen, eucalyptus, or other can help. Gargle with mixed tabasco(cayenne pepper), vinegar, lemon, sea salt all can also help a swollen gland.

An excellent choice is Echinacea. This herb will make the lymph spin faster for cleansing and detox. Echinacea, vit C, fatty acids, propolis, and other natural products are excellent if used when needed. They will work best if used when needed not for daily use. This allows them to have the most stimulating effect.

There are a host of natural remedies for use, and all need a pinch of patience. You see the swelling comes from the development of antibody cascade in the Adenoids, the Tonsils, and the Appendix. The virus or allergy causes the white blood cells in the Adenoids, the Tonsils, and the Appendix to produce the needed antibodies. These antibodies will be the agent to disable the virus or the allergy. Give it some time. A virus has three days of onset three days of attack and three days of detox. Natural medicine can minimize the effects.

All is mediated thru the Lymphatics and linked to the emotions.
lots of energy. Cooking destroys the fatty acids and produces trans fatty acids and other cancer causing compounds.

When the body is under stress, fatty acids are released from the cell membrane to make emergency energy. When the body is deficient in fatty acids the cell membrane becomes weak. This allows in viruses, and toxins. This can lead to cancer or other viral diseases. So get plenty of fresh and raw fruits and vegetables. Cook little as possible. Chew well. Your mouth is God’s juicer he gave you, use it to make good juice. A Juicer might help to extract the fatty acids.

What we are going to ask is to read this article, come back and ask questions of your therapist, and work for some time to produce results.

For more information on a natural lifestyle see the natural switch book, which can be ordered from IMUNE. This manual has a list of ways to achieve a more natural life style. Let’s start with the toughest assignment the rules of the stomach.

Rules for the Stomach

The stomach is an important part of our anatomy. Food entering our mouths must be properly prepared for digestion. After being chewed and masticated by the mouth, the food is now sent to the stomach for further processing. The stomach mixes the food in an acid bath for further break-up of the nutrients. When the acid shifts alkaline to about 5.5 ph the pylorus valve at the base of the stomach opens and the food is passed along to the primary digestive organ the small intestine.

Nature has provided us with a nervous system that regulates this process. This nervous system is designed to prefer muscle action over digestion. So if a threat or stress comes to us after a meal, such as a lion attack, our body will shift its energy from digestion to the muscles and we can survive by running away. In our present society we have few lions, but our nerves can still stop digestion just as easily.

When we allow the stomach to empty its contents prematurely the small intestine is over burdened. The food is not properly prepared for digestion. Then we get an increase in large undigested proteins and large undigested fats that can be absorbed into the lymphatic system. This will enter the free fatty acid and amino acid pool and either clog up the lymphatic system or be used to make cells.

Cells which will now be made of poor quality parts. It is not much of a problem if we circumvent the stomach just now and then, but for some the patients, this becomes a way of life.

They constantly use ant acids, too much liquid with meals, coffee, milk, or a variety of ways to empty the stomach too early. When the stomach empties there is a release of CCK a hormone which has a slight anti depression or euphoria. This and the release of the stuffy stomach feeling intensifies the addictive quality of the effect. But the long term effects on nutrition are very detrimental. There are rules of the stomach that can maximize nutrition.

The majority of our patients are partially sick because they violate the rules of the stomach. This is the key to weight loss and the healing of a host of other disease.

We are seeing more and more evidence of what good nutrition can do. But it is not just what we eat that is important, but what we absorb. Even the best meal or nutrition can result in inappropriate nutrition if we violate the rules of the stomach.

Food combining is just part of the answer. As that different foods have different times for stomach digestion. So the stomach can open prematurely from that.

RULES OF THE STOMACH

1. Fluids alone (no more than 4oz. Of fluid with a meal, or for two hours after a meal)
2. No coffee at meals (wait for 1.5 to 2 hours after or 1 hour before eating)
3. No milk with meals (wait for 1.5 to 2 hours after or 1 hour before eating)
4. Fruits alone (wait for 1.5 to 2 hours after or 1 hour before eating)
5. Melons alone (wait for 1.5 to 2 hours after or 1 hour before eating)
6. Small meal is better Quality of nutrition not quantity
7. Slow meals. Savor, enjoy, rejoice, and celebrate the meal
8. Eat for nutrition not for stimulation, Eat when hungry, not when bored
9. Rest comfortably after eating for at least 35 to 45 min to maximize stomach function
10. Make and eat food with love and kindness, no violent or negative emotions
11. No ant-acids
12. Do not sleep for 3 hours after eating.
Healthy Regime

Part of your daily wellness and mood is more than just food; it's about the overall quality of your lifestyle. Remember to chew your food slowly, enjoy each meal, and relax afterward to maximize nutritional absorption. Changing to the parasympathetic system will allow the body to use the enzymatic capacity of the body to its maximum potential.

Lifestyle Changes

Stress reduction must be worked into the lifestyle. Everyone needs to first realize that to celebrate each meal and relax afterward to maximize nutritional absorption. This shift to the parasympathetic system will allow the body to use the enzymatic capacity of the body to the max. Stress reduction should be worked into the rest of your life as well.

When the stomach is weak, the signs will be craving fluids with a meal, bloating after a meal, itching skin especially rectum, belching, and gas. The patient will have a difficult time digesting raw vegetables. They will complain that raw vegetables cannot be digested. This is not a fluke of their digestion or an inherited weakness. This is a sign of a weak stomach.

Sometimes our children come home from school and say, "Mom, I don't want to go to school any more, it makes my head hurt." We must say back, "I know it is hard, but you must develop slowly and work to become better. This is what we must say to those with weak stomachs. You must work slowly, day by day, building up the stomach by taking some vegetables as juice. Maybe even very dilute juice and slowly increasing the amount until your stomach develops the strength to process your food properly. The nutrient content of your food is so great that by breaking up the nutrients and stimulating absorption is needed for complete health and recovery. The addictive quality of this problem is seen as our society more and more allows for breaking the rules of the stomach. The greater your disease or especially if your disease is critical the more you will need to observe the rules of the stomach. This is a must for proper healing.

Sugar

Good

The fast paced life in modern society is so
spiritual friends can increase adrenalin and decrease cortisol
6. Raw Brussel sprouts, rutbaga, turnips, cabbage, radishes, broccoli, cauliflower can decrease thyroid hormone
7. Bladderwrack + coconut increase T3+T4

Obeying the rules of the stomach is also very important.

For Hormone Production and Balance
1. Remember dextrose decrease hormone production, fructose increases hormones
2. Celery, oat and sasparilla juice increases testosterone, lettuce juice decreases it
3. Wild Yam, licorice, vit E, tofu, soybean increase estrogen, boiled oil decreases it
4. Stress, chronic anxiety, worry increase cortisol, decrease adrenalin
5. Meditation, fun exercise, prayer, good

stressful that a release valve is needed.

The vacation is designed as a time to relax.
Often times the vacation becomes a further source of stress, as when people travel they sometimes become even more obsessed with seeing things or going places. A time that could be spent relaxing can be changed into further stress. Affirmations, meditation, exercise, music, a hobby can all help with stress reduction. But for highly charged executive types start with relaxing after meals.

Avoid high fat content foods. Fat has nine time more calories than other components of food. So even a food that is 50% fat can be overcharged with bad empty calories. The fat collects into the arteries and lymphatics as well as excess adipose tissue. All of these put undo stress on the body.

The conditioning of the patient is also important. The body is designed to chop wood and carry water. An exercise program is essential for health. Yoga and stretching of the body is also important. The natural switch book from the International Journal of the Medical art of Homeopathy will outline more detail on exercise and nutrition.

INFLUENZA
There are several reasons for the threat of influenza today. Big sugar excess sales of dextrose, over cooking and boiled oil, antibiotics, killing of good bacteria in the gut, over stressed society, fear and running to the doctor who is not equipped to really help you, and an over developed sense of the magic pill.

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Fatty Acid Deficiency

The first sign of fatty acid deficiency is shivering and a cold chill. When you shiver or when you are stressed you liberate fatty acids from the membrane. The fatty acids are made into emergency sugar. The porous membranes let in virus and toxins, so fatty acids deficiency is the primary cause of cold and influenza. So you can get a COLD from Fatty Acid Deficiency, but Influenza is different.

In a COLD you shiver, sweat, feel low, and weak. This is because of the Fatty Acid deficiency. Now you are much more susceptible to a virus. Add the immune-suppression of dextrose sugar, and excess stress from finances, worry emotions, etc, and you now get a major susceptibility to a virus. The Simple COLD virus now expands the symptoms but does not destroy too many cells. Influenza is a virus that if allowed to get started from FA deficiency and dextrose, will destroy mass quantities of cells. These influenza viruses can destroy large areas of human cells. Now You could be in Danger. We will discuss what to do later.

First signs of Fatty Acid Deficiency

1. Sensation of chill or cold
2. Lightheaded
3. Brain Fatigue
4. Hungry

Cold and Influenza

In the old days people believed in the evil eye or negative influence a person could have on you. This influence was thought to be of a supernatural power and someone who wanted bad for you could influence you. This is what gave us the name Influenza.

The loss of the adenoids, tonsils or appendix can compromise the immune system defense of viruses, like AIDS or Influenza.
The Evil INFLUENCE became FLU

Tracing swine flu’s spread
Originating in Mexico, the new swine influenza virus contains pig, bird and human genes, a combination never seen before.

- March 18 Mexico alerted to flu-like illnesses
- April 12 Woman dies of severe viral pneumonia caused by swine flu
- April 16 Mexico notifies WHO; reports from Mexico City and Mexicali
- April 21 U.S. confirms two children test positive, San Diego
- April 22 Mexico issues nationwide alert; Mexican-U.S. link confirmed
- April 23 Five more cases identified in southern California and near San Antonio, Texas
- April 24 Mexico identifies more than 900 suspected cases with 62 deaths, mainly in Mexico City
- April 25 More than 1,300 suspected cases in Mexico with 81 deaths; 11 confirmed cases in U.S.; 8 suspected in New York
- April 26 10 students from Auckland, New Zealand, test positive for flu and two French have symptoms after visiting Mexico; cases confirmed in Ohio; possible cases in British Columbia, Scotland, Israel and Spain
- April 27 Spain confirms first case

MINI SYMPTOMS IN INITIAL CASES

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percent</th>
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<tbody>
<tr>
<td>FEVER</td>
<td>93%</td>
</tr>
<tr>
<td>COUGH</td>
<td>85%</td>
</tr>
<tr>
<td>SHORTNESS OF BREATH</td>
<td>0.1%</td>
</tr>
<tr>
<td>FATIGUE / WEAKNESS</td>
<td>40%</td>
</tr>
<tr>
<td>CHILLS</td>
<td>37%</td>
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<tr>
<td>MUSCLE SORENESS</td>
<td>26%</td>
</tr>
<tr>
<td>RUNNY NOSE</td>
<td>26%</td>
</tr>
<tr>
<td>HEADACHE</td>
<td>31%</td>
</tr>
<tr>
<td>SORE THROAT</td>
<td>31%</td>
</tr>
<tr>
<td>VOMITING</td>
<td>20%</td>
</tr>
<tr>
<td>DIARRHEA</td>
<td>24%</td>
</tr>
<tr>
<td>WHEEZING</td>
<td>24%</td>
</tr>
</tbody>
</table>

1. CLEAN
Wash your hands often.
Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.

2. COVER
Cover your cough.
Use a tissue to cover your mouth and nose when you cough or sneeze.
Don’t have a tissue? Your sleeve will do.

3. CONTAIN
Contain germs by steering clear of others who are sick.
If you do get sick, stay at home until you’re well again, so you don’t spread more germs.

PRAYER IS GOOD
HYGIENE, EVEN BETTER
Healthy membrane potential and adequate body voltage makes all of the functions of the cell work better.

Low Body Voltage leads to weak membrane potential, weak osmosis, trapped toxins, premature aging, and increased susceptibility to virus.

Charging the Human Battery

Factors that influence the body voltage and membrane potential are fatty acids in the cell membrane, minerals, especially salts, hydration water, oxygenation, stress, toxins and lifestyle.

The SCIO has been proven in tests to increase the electrical potential of the body. Increased cellular membrane potential makes osmosis increase, which increases detoxification, nutrient transfer and absorption, hydration, oxidation, and all cellular functions in general.
What To Do for Cold and Flu at home

1. Feed a cold, Starve a fever. Eat right, eat good sugars (fructose) not bad sugars (dextrose). Eat good oils uncooked unheated natural vegetable oils not cooked or boiled oils and avoid all trans-fatty acids

2. Do Yoga, especially the lion pose.

3. Reduce stress, get good deep muscle and mind relaxing bed rest

4. Get lots of fluids to flush out the virus and toxins use cold and flu teas and lots of water.

5. Use the cold and flu remedies that are safe and natural

6. The SCIO helps to balance the body’s cellular membrane permeability to resist virus spread.

7. DO NOT RUSH to the DOCTOR. Call if you need him, go to him when he tells you to.

8. Get some fresh air and get out even briefly for new air and some sunshine 30 minutes on just the face can stimulate the natural vitamin D.

9. Clean the room and bed often, use a scented candle, garlic and onions to kills viruses and bacteria in the air.
Work with Nature not Against It

Natural Medicine Works with Nature
The synthetic Drug Companies work Against It

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used this for cancer treatment which all know also involves Fatty Acid Deficiency, but the program helps with virus as well.

Here are Desiré and Prof Nelson’s suggestions

**Special DIET SUGGESTIONS:**

**MORNINGS:**

1. Start the day with 10 oz. of citrus juice, alternate grapefruit, orange, lemon, lime. Use 100% juice absolutely no dextrose sugar allowed. Feel free to mix juices freely. Mix with water by 50% if juice is too strong and most store bought juice is often too strong. This will help to clean the lymphatic system.

2. Use two large teaspoons of Turmeric the spice into a bowl. Freshly crush one clove of garlic into the powder, add a pinch of curry powder, pinch of paprika, pinch of capsicum if you like. Mix with two large tablespoons of fructose honey or natural brown honey with fructose added. This makes a paste and one teaspoon in the morning will help prevent flu. This is also a treatment for the mid flu lows.

3. Supplement Fatty Acids. Use Vitamin E, A, K, D, Flax seed oil, lecithin, omega 3-6, olive oils etc. the Johanna Budwig plan will help get absorption see the appendix. Dr Budwig used this for cancer treatment which all know also involves Fatty Acid Deficiency, but the program helps with virus as well.

**Healthy Lymph is a must and proper circulation is important, there is 3 times more lymph than blood and it helps us in a million + ways**

Desiré’s Goddess formula for early prevention or for immune stimulation during cold or flu

Use two large teaspoons of Turmeric the spice into a bowl. Freshly crush one clove of garlic into the powder, add a pinch of curry powder, pinch of paprika, pinch of capsicum if you like. Mix with two large tablespoons of fructose honey or natural brown honey with fructose added. This makes a paste and one teaspoon in the morning will help prevent flu. This is also a treatment for the mid flu lows.

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The world is awakening to WELLNESS. This was not even a word until recently. Now it is a world wide movement, people want to become WELL. Desiré has developed and credentialed a new Doctorate in Wellness to awaken people and teach the art of making themselves and others WELL. For more details go to the International University at www.imune.net

The SCIO can undo the damage by regulating and balancing the Body Electric’s Regulatory Processes + increasing VARHOP.

If you need more information on the SCIO and package details please get in touch with us.
Maitreyya Kft.
tel: +3613036043 | web: www.qxsubspace.com | e-mail: info@qxsubspace.com
These are not the usual fluids of the intestine and stimulate para-sympathetic health.

1. After you have breakfast, but 5 days a week just fruit till noon. This is for cleansing and detox.

**TEAS and HERBS (for Cancers):** These are herbal forms of natural chemotherapy. These teas can be used freely but make weak not strong:
- Periwinkle (Vinca Minor)
- Burdock
- Mistletoe
- Plantain
- Blood root (Sanguinaria)
- Almond
- Blackberry
- Green tea and dandelion
- Orange peel
- Lemon peel
- Grapefruit peel
- Ginger
- Ginseng
- Cinnamon
- Tang Kuei
- Licorice
- Kelp
- Musk
- Myrrh
- California yew
- Peony
- Angelica
- Aloe
- Sesame seed
- Apricot seed
- Mentha
- Rhubarb
- Bull thistle

Mix freely for taste. Rotate

**VITAMINS:** Good all around natural liquid is best. But extra vitamin C, vitamin A, vitamin E, vitamin D, fatty acids, lecithin, pantothenic acid, and B12.

**CHEW, CHEW, CHEW:** Food digestion starts in the mouth. Here is where the food needs to be masticated, lubricated, and enzyme processing starts. The enzymes are carbohydrate type so sugar is released in the mouth as carbohydrates become saccharides. It is very important to chew food very well and slowly. As the food breaks up the parts of the food are released. So good nutritious food will improve in flavor as we chew. But bad food such as processed carbohydrates taste worse as you chew.

So we are conditioned in our society to eat fast and chew fast. Now as you shift to go to natural food chew slowly. Each mouthful needs to be chewed 30 to 40 times. When the flavor peaks and your natural juice your teeth have juiced the food it is time to swallow.

Eat three to four mouthfuls of broccoli, and one to two sprigs of parsley per day and chew each 100 times. Treat it like chewing gum and set totally free all of the nutrients. Get over the bad attitude this could save your life. This is a powerful anti Immuno Failure therapy.

**FOODS TO EAT MORE OF:** Fresh and raw fruits and vegetables are the main suggestion but some foods are stimulants to the immune system. Use organic when possible. These foods are rich in lectins that stimulate the T-cell immune system, see article at the end.

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**ENZYME INHIBITORS:** Seeds can last virtually forever in dry circumstances. There are powerful enzyme inhibitors at work to stop germination. When the inside of the seed is exposed to water the enzyme inhibitors (which are water soluble) wash away and the enzymes trigger germination. Any seed product, bean or nut must be germinated to remove the enzyme inhibitors and the nutrition improved. Thus any sprouts are necessary in the diet of any one desperately ill. For all beans, nuts and seed products, cover them with a damp cloth or submerse them in water for 12 to 24 hours. Dry in the sun or at temperatures below 106 degrees F.

**TEMPERATURE:** Most Immuno Failure start with a deficiency of fatty acids, these are essential for life, but are heat sensitive. Some are destroyed even temperatures as low as 106 degrees F. So we must get plenty of fresh and raw fruits and vegetables in our diet. Over cooking and disobeying the rules of the stomach are two of the most important problems in modern life. These decrease the nutritional deficiency problem. The answer is not just in what we eat but how we eat.

**DETOX:** Toxins are a major cause of Immuno Failure as well. We all know about carcinogenic toxins. When the immune system breaks down Immuno Failure cells there is a rush of autotoxins. So it is extremely important for the body to detox. Extra fiber in the diet from fruits and vegetables helps. We need to keep the bowels working daily. Good regular bowel movements are the best detoxifier. But if there is ever a problem with constipation, then we need to use an enema or something to promote stool.

Also we need to detox from sweat. Anti-perspirants, deodorants, and others can stop the detox do not use them. Use aroma therapy for your body, natural only.

We also need to remove toxins with urination, so water intake is very important.

**WATER:** Most of us do not drink enough water. The regulating process in our brain that controls thirst seem to malfunction after the age of 20. We need to remind ourselves to drink more water. Filtered RO water is best. Charcoal or carbon filtered water is good, bottled water is often good but expensive, but even tap water is better than no water at all. For you to get better drink at least 8 glasses of water a day.

**MEDITATION:** Focusing the mind can stimulate the immune system. There are spa where people with Immuno Failure pay large sums of money for meditation help. This type of guided imagery is essential for healing dramatic disease. A tape of relaxation exercises for the Immuno Failure patient is in the program. You can play it on the computer or make a tape of it for use at home. Mentally releasing the negativity and increasing awareness of the self is very important to the cure. Most people need help with this. Seek out networks and support to share ideas and foster growth. Keep in mind the best sign of mental health is the ability to laugh at yourself.

**EXERCISE:** The conditioning of the patient is also important. The body is designed to chop wood and carry water. An exercise program is essential for health. Yoga and stretching of the body is also important. The natural switch book from the International Journal of the Medical art of Homeopathy will outline more detail on exercise. Some form of exercise routine can be designed for any patient. Even just imagining exercise has benefits. So a mental exercise program can be used by bed ridden patients. In influenza stick with yoga and non stressful exercises to get the blood flowing without excess stress.

The wellness of an organism is best measured by it’s ability to oxygenate. So the better shape your in the better you’ll be able to heal yourself. Take it easy take it slow, too much too fast can aggravate disease.

**HOME SPA:** The main thing of the European spas is reduced stress. For your home spa, get the family to cooperate by helping to reduce stress. Change some small things at home to create a new atmosphere to stimulate the
mind. The mind likes some change. A new poster in the bath, a candle near the bath tub a new conditioner or aroma therapy. Some new music, some new massage technique.

Put the phone on hold. Clear the time for you to focus on the relaxation needs your body needs for healing. For every minute you spend on preparation, spend ten minutes in relaxation. So don’t over do things in preparation.

**AT BEDTIME:** no solid food for three hours before bed. One glass of pineapple or papaya juice and a multiple natural enzyme tablet. The enzymes at bed on an empty stomach will help to circulate into the blood stream to breakup congested lymph and attack the membrane of tumor cells. A desiccated Liver supplement at bed time once a week is also helpful. Twice a month take one tablespoon supplement at bed time once a week is also helpful. Twice a month take one tablespoon of sodium or potassium bicarb at bed with the enzymes. This is to strengthen the pancreas as well.

### Some recipies for Healing

#### Prof. Nelson’s SALSA

Take one cup (mixed germinated soybeans, jackbeans, peas, snow peas, red kidney bean) and one cup onion, two cups tomatoes, and one cup of sprouts. Put into a food processor and mix into a salsa. Use corn chips unless there is candida or fungus (candida grows best on or with corn meal). Use oat or wheat bran crackers to eat this nutritious and immune stimulating meal.

#### Prof. Nelson’s salad Oil:

To get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, parsley, mustard, or clove oil all the better then you won’t have to make it. This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad.

**Prof. Nelson’s better butter**

For those of you who are not ready to give up the taste of butter, this is an excellent way to reduce your saturated fats. It combines the saturated fats in butter with the polysaturated fats in sunflower oil. By using cold pressed oil, you are giving yourself the essential fatty acids your body needs so much. If you eat the same amount of Better Butter as plain butter, you are cutting your saturated fat intake by half.

- ¼ pound all natural butter at room temperature
- 1/3 cup cold-pressed oil combo from above
- Blend with a fork and refrigerate. Makes ¼ pound. It will soften quick in the heat.

**Whole Grain Pancakes**

These pancakes are wheat-free and can be made with a variety of grains. One grain should be sticky, such as oats. You can change the recipe by adding millet or buckwheat, ground into flour in a small seed grinder, a little rye flour, or anything else that happens to be around. A few whole grain pancakes in the morning makes a delicious breakfast. They contain no added fats and, if you eat them with a little unsweetened jam or blend fruits (blueberries, grapes, strawberries etc) into a compote for a syrup. However, the psychological freedom that comes from eating pancakes can be exhilarating to someone who is used to dieting.

**Mix together:**

- 2 cups of whole grain flours (either the ones suggested here or our variations)
- 1 cup corn meal, or add or mix cat tail pollen for an extra culinary treat (put a paper bag over a cat tail this pollen season. Shake vigorously. The pollen will be released into the bag.) Mix with grain.
-¼ cup brown rice flour
-3 tablespoons of wheat germ
-¼ cup oat flour (grind oatmeal in blender)

**Add:**

- 1 ½ cups of low-fat milk or soy milk
- 1 egg
- ½ teaspoon baking powder (use Rumford brand or other brand without aluminum)

Serves a hungry family of four. Save any leftover batter in the refrigerator for another breakfast. Use natural fruit compost in a blender, and sorghum or maple syrup for topping.

**Eggplant Pancakes:**

Use the same batter as above. Cut off and slice skin of eggplant into circles. Dip circles into batter and fry in sunflower oil till brown.

**Oatmeal with apple juice**

Try this if you like hot cereal and want to avoid both cow’s milk and soy milk. It is a pre-sweetened, moist cereal without sugar or honey that cooks while you are dressing in the morning. Nothing could be simpler to prepare or more beneficial to help eliminate cholesterol buildup, keep blood sugar level, and provide natural fiber. Besides, it tastes good.

- ¼ to ½ cup of dry rolled oats (oatmeal)
- Cover with apple juice diluted by half with water.
- Bring to boil and simmer, covered, 5 to 10 minutes. Add more juice if additional moisture or sweetener is desired.
- Add a small quantity of berries or fruit to taste.

*Makes one serving.*

**Soy milk**

When you want to cut back on dairy products to prevent calcium overkill or because of a dairy sensitivity, soy milk is an excellent substitute both in cooking and with cereal.

**Do-it-yourself-protein-milk**

Germinated seeds and nuts are added to soy protein for this variation of the standard protein-powder and juice drink. To germinate, simply soak the nuts and seeds overnight. Their protein content is increased and their fat content decreased through germination. Rinse and refrigerate any extra to be used later in the week.

The refrigerated nuts and seeds should be rinsed once a day to keep them fresh. Soy milk or tofu can be used in place of more expensive protein powder, which often contains unwanted sugar.

**Blend together:**

- ¼ cup soy milk or 1/6 pound tofu
- ¼ cup apple juice
- ¼ cup berries or ¼ piece of fruit (banana, peach, or other)
• 6 germinated almonds
• 6 germinated sambucca seeds
• 3 tablespoons of wheat germ
• 1 tablespoon germinated sunflower seeds

**Makes one serving.**

For added B vitamins and energy, add brewer’s yeast powder or flakes. Begin with ⅛ teaspoon and gradually build up to 2 tablespoons. If you begin with too much at first, you could get gas. A gradual increase avoids this problem.

**Prof. Nelson’s immune cookie**

• 1/6 pound tofu
• 1 cup apple juice
• ½ cup berries or ½ piece of fruit (banana, peach, or other)
• 16 ground germinated almonds
• 8 ground germinated sambucca seeds
• 3 tablespoons of wheat germ
• 15 tablespoons germinated sesame seeds
• 15 tablespoons of honey
• 5 ounces of sprouts, rinsed, germinated and drained
• use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.

**Prof. Nelson’s immunity building soup and dip**

• 1 large red onion, chopped
• ¾ cup thinly sliced celery
• 1 teaspoon dried minced garlic
• 3 cups defatted chicken broth
• 1 tablespoon Worcestershire sauce

• 1 tablespoon kelp
• 2 teaspoons tamari soy sauce
• ⅛ teaspoon pepper
• ⅛ teaspoon ginger

• 45-ounces of beans, rinsed, germinated and drained
• use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Brown onion. Add celery and garlic. Cook one more minute. Add rest of ingredients. Simmer 15 minutes. Remove from Dutch oven and puree in a food processor or blender.

Return to Dutch oven. Simmer 30 more minutes. Serve over brown rice and top with chopped onion.

**Serves four to six.**

**Lentil Barley soup**

• 1 cup germinated lentils
• 1 cup germinated barley
• 1 cup of beans, rinsed, germinated and drained

• use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed
• 1 16-ounce can tomatoes, chopped
• 1 cup chopped onion
• 1 cup sliced celery
• 1 cup chopped onion
• ¼ cup sliced carrot
• 2 tablespoons tamari soy sauce
• ½ teaspoon pepper
• 1 teaspoon dried dill weed
• 1 teaspoon garlic powder
• 10 cups defatted chicken broth

Place all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat to simmer. Cook 50 minutes, stirring occasionally. Add water if soup becomes too thick. Serves six to eight.

**Prof. Nelson’s cocktail**

Sambucca is an immune stimulant, as is red wine. Mix equal parts of each or use port for the red wine and take only one glass a day. Only use when needed not everyday. The relaxation effects are good and there is a slight immune stimulating effect.

**Prof. Nelson’s sorbet**

Use no white sugar and only natural fruit, mix pineapple and papayas, possible to use berries in the mix, or use melon separately. For extra sugar you can use some fructose or honey. Mix into puree and freeze while stirring regularly. Chop and blend after into a sorbet. This makes an excellent enzyme rich desert.

**Prof. Nelson’s stir fry**

• 1 teaspoon olive oil or sunflower oil
• 1 teaspoon low-sodium soy sauce
• ¼ cup broccoli
• ¼ cup carrots
• ¼ cup onions
• ¼ cup peppers
• ¼ cup peas
• ¼ cup red kidney bean
• ¼ cup soybean
• ¼ cup snow peas
• ¼ cup sprouts
• ¼ cup mushrooms (you may substitute based on availability of ingredients)

**Seasonings:** Choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shalottos

Stir fry in very hot skillet. Serve over 2/3 cup rice or pasta. Makes one serving.

**Buckwheat Pizza Crust**

Add beans, raw vegetables and fruits to your pizza.

• 1 tablespoon active dry yeas (use germinated seed flower if possible)
• ¼ cup warm water
• 1 ½ cup hard whole wheat flour
• ½ cup buckwheat flour
• 3 tablespoons of wheat germ
• 1 teaspoon sea salt or herbal salt substitute
• 1 tablespoon cold-pressed vegetable oil


**May be frozen.**

**Prof. Nelson’s sprout salad**

• ⅛ cup broccoli
• ⅛ cup carrots
• ⅛ cup onions
• ⅛ cup peppers
• ⅛ cup sprouts
• ⅛ cup mushrooms (you may substitute based on availability of ingredients)
• 4 ounces tofu, diced fine

**Seasoinings:** Choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shalottos
especially that made with acidophilus culture. Wide mixture of vegetable juices. Wheat bran.

**Esophagus:** green and yellow vegetables, apples, cherries, grapes, melons, onions, peas, beans, plums, pumpkin.

**Larynx:** green and yellow vegetables.

**Lung:** carrots, kale, spinach, cabbage, sunflower and pumpkin seeds, peas, broccoli, Brussels sprouts, cauliflower, bee pollen. All dark-green and dark-orange vegetables, red and yellow fruits high in carotenoids. If you have ever smoked, load up on these foods. They may help prevent lung Immuno Failure years later.

**Pancreatic:** Citrus fruits, carrots.

**Prostate:** yellow and green vegetables. Carrots, tomatoes, cabbage, sunflower and pumpkin seeds, peas, broccoli, Brussels sprouts, cauliflower, bee pollen. Reduce stress.

**Stomach:** raw carrots, coleslaw, lettuce, cabbage, tomatoes, corn, eggplant, milk, onion, sweet potatoes, squash.

Avoid: high-fat and meat diets (which predispose to Immuno Failure), sugar, processed foods, overeating.

**Thyme, oregano, parsley, cilantro, scallions, garlic, shallots**

Use the oil combo from above with vinegar as a dressing

**Prof. Nelson’s anti-Immuno Failure massage oil**

Use the oil we made above as a base, add an equal amount of olive oil. Grind up one part cinnamon, one part cascara, two parts myrrh, two parts cloves, one part eucalyptus, one part wintergreen, one part blood root, one part dried pineapple and papaya, mix into the oil and let sit in the sun for two days. Massage into the skin and pour over any lesion.

**Immuno Failure More notes on food**

For overall prevention: green leafy vegetables, with emphasis on these six - broccoli, spinach, cabbage, kale, Brussels sprouts and leaf lettuce. Other high-fiber vegetables, fruits, grains, and legumes. Also, radishes, chard, tomatoes, citrus fruits, dried fruits (apricots, prunes, raisins), strawberries and deep and cold water fish high in omega-3 fatty acids may help prevent various kinds of Immuno Failure. Garlic, onions, kelp, olive oil, tea (especially green tea), as well as seed foods, such as legumes, nuts, rice, and grains, are rich in antimmuno Failure chemicals. Fresh and raw: plenty of vegetables, juices, and fiber are best.

**Bladder:** carrots, milk, broccoli, Brussels sprouts, cabbage, cauliflower, coleslaw, kale, parsnips, turnips.

**Breast:** yogurt. Fruits and vegetables high in carotenoids.

**Colon:** green leafy vegetables, notably cabbage, broccoli, Brussels sprouts. Also cauliflower. Acidophilus milk or yogurt, especially that made with acidophilus culture.
<table>
<thead>
<tr>
<th>Foods which are allowed</th>
<th>Foods not allowed / Foods to be avoided</th>
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<tbody>
<tr>
<td><strong>Beverages</strong></td>
<td>excess alcohol, cocoa, cola; all sweetened carbonated beverages; only one small glass of alcohol per day; no artificial fruit drinks</td>
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<tr>
<td>Herb teas (no caffeine), fresh fruit juice, fresh coffee, vegetable juice no more than one glass pasteurized juices per day</td>
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<tr>
<td><strong>Dairy</strong></td>
<td>all processed and imitation products, milk; in limited quantities butter; ice cream; to (not with meals); nonfat pings, all orange and pasteurized cheeses</td>
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<tr>
<td>Raw milk, yogurt, butter-cottage cheese and white cheese</td>
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<tr>
<td><strong>Eggs</strong></td>
<td>fried eggs</td>
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<tr>
<td>poached or boiled eggs</td>
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<tr>
<td><strong>Fish</strong></td>
<td></td>
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<tr>
<td>fresh white-fleshed</td>
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<tr>
<td><strong>Fruit</strong></td>
<td>canned, sweetened fruit</td>
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<tr>
<td>all dried (unsulfured), stewed, fresh, frozen (unsweetened) fruit</td>
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<tr>
<td><strong>Grains</strong></td>
<td>whole white processed flour; grain cereals; muffins ducts, hull-less grains; e.g. rye, bran, buckwheat, and seeds (e.g. pasta, oat, wheat, millet), cream of snack foods, white rice, wheat, brown rice, whole seeds prepared or cold cereals, (e.g. sesame, pumpkin, sun-crackers, cooked seeds)</td>
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<tr>
<td>sprouted when possible</td>
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<tr>
<td><strong>Meats</strong></td>
<td>no more than three servings per week; all red meat products; if chronically ill, none should be eaten sparingly</td>
</tr>
<tr>
<td>no more than three servings per week; all red meat products; if chronically ill, none should be eaten sparingly</td>
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<tr>
<td><strong>Nuts</strong></td>
<td>Roasted and/or salted nuts</td>
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<tr>
<td>all fresh, raw nuts sprouted</td>
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<tr>
<td><strong>Oils</strong></td>
<td>Saturated or animal oils (e.g. eggless and unsaturated as mayonnaise well as saturated), hydrogenated margarine</td>
</tr>
<tr>
<td>cold-processed oils, soybean, safflower, corn, sunflower, canola, sesame</td>
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<tr>
<td><strong>Seasonings</strong></td>
<td>salt, hot spices</td>
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<tr>
<td>herbs, garlic, onion, pepper, chives, parsley, marjoram, paprika</td>
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<tr>
<td><strong>Soups</strong></td>
<td>e.g. canned and creamed (thickened) soups, commercial fat stock</td>
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<tr>
<td>(not with other food) all made from scratch, salt-free vegetable, millet, barley, chicken, bron rice, boullion</td>
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<tr>
<td><strong>Sprouts</strong></td>
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<td>all, especially wheat, pea, lentil, alfalfa, mung</td>
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</table>
Refrain from eating a large meal at the end of the day before retiring.

You will sleep soundly if you avoid stimulating foods such as tea and coffee.

Try to cook sufficient food for one meal only. Reheated food has little nutrient value.

The human body needs a certain amount of salt in order to function properly. Few of us are aware that most vegetables contain salt and that when cooked correctly they require little, if any. There are varieties of salt available which have been extracted from vegetables. These are beneficial to our health.

Store food correctly in sealed containers. Keep perishable food in the refrigerator and non-perishable food in a dark, dry cupboard.

Use stainless steel or pyrex glass saucepans rather than aluminum ones, as the latter leaves traces of aluminum in the food.

Always rinse eating utensils with clear water after washing with detergents.

Eat raw, fresh fruits and vegetables whenever possible. Buy in small quantities, as they lose their vitamin content quickly.

When using frozen ingredients, follow instructions on the packet. This will ensure that food does not lose valuable nutrients.

Whenever possible, leave outer leaves and skin on vegetables and fruits, as these often discarded parts are a valuable source of vitamins. When vegetables are peeled, remove immediate skin only.

Use water in which vegetables have been cooked, for home-made soups and stock. Home-made soups are nutritious. Simmer until ingredients are tender and eat immediately.

Do not boil for hours or reheat several times.

Eat raw sugar and honey instead of refined sugar. Avoid over-dosing on any sweets.

Eat whole meal flour, whole meal spaghetti and brown rice instead of refined varieties.

Use polyunsaturated oils whenever possible.

**Tips on Grocery Store Shopping**

- Read labels.
- Buy Probiotic yogurt, and other probiotic foods.
- Buy fructose fruit sugars, not dextrose(sucrose).
- Buy sodas that contain fructose (Corr’s, Hansen, etc.) instead of sucrose. Buy unsweetened juices, and dilute.
- Buy snack foods that contain no preservatives.
- Buy foods low in sodium, or salt-free.
- Buy whole wheat bread products, instead of white bread, buns, etc.

<table>
<thead>
<tr>
<th>Foods which are allowed</th>
<th>Foods not allowed / Foods to be avoided</th>
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<tbody>
<tr>
<td>Sweets</td>
<td>Refined sugars (white, chocolate, pure maple syrup (in late, candy, syrups limited)</td>
</tr>
<tr>
<td>raw honey, unsulfured molasses, carob</td>
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<tr>
<td>Vegetables</td>
<td>all canned vegetables; baked or boiled; corn chips</td>
</tr>
<tr>
<td>40% raw and not over-cooked</td>
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<tr>
<td>Fruits</td>
<td></td>
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<tr>
<td>60% fresh and raw</td>
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- Buy brown rice instead of white rice.
- Buy herbal tea instead of tea containing caffeine.
- Buy decaffeinated (water processed) coffee or coffee substitute, instead of coffee containing caffeine.
- Buy frozen foods that are not stored in aluminum containers.
- Buy deodorant instead of antiperspirants that contain aluminum.
- Buy chicken or turkey instead of beef. This includes chicken and turkey hot dogs and turkey ground meat. Minimize food additives.
- Buy natural cereal.
- Avoid sugared cereals.
- Avoid nitrates, bisulfides, salicylates, additives, and insecticides.
- Avoid palm oil, coconut oil, coffee whiteners or other saturated fats. Look for the “Health Mark” signs in your grocery store.

**Suggested Foods**

**Foods That Can Be Eaten Daily**

**Eggs:** can be eaten daily if rotated with several species or cheese. Eggs are rich in lecithin, which can help to control cholesterol.

**Meat, Seafood, Poultry:** eat twice weekly, rotate freely, trim off excess fat, restrict fried foods, and eat complex protein in the morning and early afternoon. Protein does not have to include animal protein.

**Fruit and Fruit Juices:** use unsweetened and rotate daily.

**Vegetables:** eat four or more servings a day and rotate freely. Eat two servings raw a day, and avoid canned. Canned vegetables also contain fewer vitamins. Tomato juice can help digest meals that contain meat.

**Bread and Cereals:** eat four servings a day of whole grain foods. Avoid processed and chemical-laden flour.

**Nuts and Seeds:** these contain essential fatty acids are necessary in our diet. All seed products contain enzyme inhibitors and should be germinated before eating.

**Water:** drink a quart and a half of water a day, use thoroughly-filtered spring or well water, or reenergized distilled water. Chemicals in city water may lead to severe problems if used over long periods of time.

**Foods To Be partially AVOIDED**

**Salt:** everyone can benefit from reduced salt intake. Excess salt can aggravate nerves, cardiovascular functions, the immune system, and kidney and blood conditions.

**Coffee and Caffeinated:** Caffeine Tea: may cause or aggravate nervous conditions. Never use with meals; use two hours after or one hour before meals.

**Milk:** try not to drink pasteurized. Natural milk can help bowel flora. Milk can produce mucous, and should be avoided if a respiratory condition is active. Only use small quantities; never with meals. Rotate all foods. Don’t eat any food every day. The body likes weekly variation.

**More Foods To Avoid (Avoid all processed foods)**

**Refined Sugar:** most harmful, can cause overweight, diabetes, hypoglycemia, dental cavities, periodontal disease, kidney stones, urinary infections, cardiovascular disease, intestinal Immuno Failure, diverticulosis, indigestion, hormone disorder, mental illness.
White Flour: even enriched flour is still robbled of needed amino acids, minerals and vitamins. This can cause malnutrition and Immuno Failure.

Hydrogenated Fat (saturated): oleo, margarine and coffee whiteners should be avoided. Limit and rotate all cooking oils. These products can cause heart problems and may provoke allergies.

Sodium Nitrite and Sodium Bicarbonate: frequently used in meats and meat products. These combine in the body to produce nitrosamines that can cause cancer. Never use together.

Artificial Colors and Flavors: avoid synthetic additives, and preservatives. Our bodies cannot handle them. May cause hyperactivity, nervousness and anxiety.

Food Combination Rules
To reduce gas and improve digestion, remember that to digest protein the stomach needs to be acid (taking antacids is a definite don’t). To digest fruit, the stomach needs to be more alkaline. Remember that fats, carbohydrates and proteins require different intestinal preparation and should not be mixed inappropriately. Also excess liquids dilute stomach digestive fluids.

The three simple rules are:
- Fruits alone
- Melons alone
- Fluids alone

Leave at least one hour between these; two hours for large protein meal.

Other Suggestions
Enemas and laxatives, even natural ones, can overstretch the bowel muscles and make them weak by robbing needed potassium.

Prolonged use can lead to dependency and even greater problems. Only use natural stimulants when absolutely necessary. If you have any questions, consult your doctor. While mixing in saliva and ptyalin, your teeth can masticate the food thoroughly and savor the natural flavors. Don’t rush through meals, celebrate them. JUICING The recent glut of juicer salesmen on TV is not without reason. Juicing works. It does improve the absorbability of the vitamins, minerals, and life factors of fruits and vegetables. I heartily recommend purchasing a juicer and experiencing its beneficial effects. Juicers are inexpensive, don’t wait. Your best juicers, however, are your teeth and gums.

The following is a list of fruits and vegetables good for juicing. Bon apetit!

Suggestions for Meals
High Volume, Low Fat, Sodium and Preservatives
(Avoid processed foods and synthetic preservatives)

When dining out, always look for a restaurant of similar philosophy and attitude to your own. Make sure the owner and cooks appreciate the value of natural, organic, and unprocessed foods. Ask if hidden lard, MSG, sulfides, animal fats or oils are used.

Express concern over irradiated and synthetic foods. Make sure the restaurant has passed civil cleanliness inspections. Make sure there is a protected nonsmoking section, not just a token one. Make sure the staff and eating environment are happy, friendly and harmonious.

Express concerns quickly, with respect and care. Many health food restaurants attract employees with low resistance to strange ideas.

These employees often resist order, timeliness, and altruism. Help the owner by expressing your concerns with compassion and care.

Breakfast
Eating Breakfast at Home (Always rotate)
- Whole grain toast or muffins with Better Butter or apple butter
- Whole grain pancakes with a little pure maple syrup, unsweetened applesauce, or jam made with pure fruit (no honey or sugar)
- A poached or boiled egg with whole wheat toast or Muffin
- Scrambled egg with sauteed onions and mushrooms
- Cold cereal with soy milk or low-fat milk
- Oatmeal with raisins and almonds
- Millet with raisins and almonds
- Rice cakes with almond butter
- A piece of fruit
- Baked yam
- Do-It-Yourself Protein Drink (Nature Knows Protein Powder)
- Unsweetened yogurt with fruit or cereal

Eating Breakfast Out
- Omelet with low-fat milk or apple juice
- Omelet (spinach and mushroom, sauteed vegetable, ratatouille, Spanish)
- Grape nuts or other low-sugar cereal with low-fat milk or apple cider
- Fruit (always a winner for breakfast)
- Bran muffin (usually too sweet, but an emergency breakfast with some beneficial ingredients)

Lunch
Eating Lunch at Home or Bringing It To Work
- Salad with beans (pinto, red, garbanzo) and whole grain roll
- Salad with a small amount of chicken, turkey, tuna, egg, or sardines
- Salad with a little low-fat cheese (a nice occasional treat)
- A hearty soup, like lentil or bean, with whole grain crackers and a salad
- Vegetable slaw with chicken on corn tortilla
- Chicken breast and marinated vegetables
- Steamed or sauteed vegetables with brown rice or millet
- Pasta Primavera (cold pasta salad)
- Hummus (garbanzo bean dip) with whole grain crackers and salad
- Tabbouli (cold cracked wheat salad) and Hummus with raw vegetables
- Raw vegetables
- Occasionally, cottage cheese
- Lightly-steamed vegetables

Eating Lunch Out
- Salad with tuna, egg, or chicken
- Salad bar with bean salad and/or garbanzo beans, and bread or crackers (a little cheese occasionally)
- Chicken or fish with salad or cooked vegetables
- Tuna, chicken, turkey, or egg-salad sandwich with coleslaw (get the best bread available)
- Soup, salad, and a roll or crackers
- Chinese vegetables with chicken and a little rice (no MSG)
- Vegetable omelet with roll or crackers
- Avoid salicylate or sulfide using restaurants
Snacks

- Homemade cookies using maple syrup or sorghum and whole grains Whole grain bran or corn muffins with „better butter”
- Nuts and seeds (8 to 12 nuts, small handful of seeds)
- Small amounts of dried apples, apricots, figs, or pears
- Whole grain crackers with nut butter (almond, cashew, and so on)
- Corn chips made with sunflower or other acceptable oil (a few)
- Whole wheat pretzels with sesame seeds instead of salt
- Cold sliced yam
- Raw vegetables
- Fruit Lightly-steamed vegetable

Beverages

Good water with a little fresh lemon juice
Bottled water with lemon juice or a little fruit juice
Herb teas, hot or iced (sweetened with licorice root)
Coffee substitutes (natural, not synthetic)
Fruit juice Vegetable juice
Natural sodas (or seltzers)

Don’t eat unless you are truly hungry. Eating for simulation, pain relief, stress relief, sociability, habit, or for any reason besides hunger is maladaptive. Listen to body communication.

Eat for nutrition, not for stimulation. Celebrate each meal with love, friendship, sunshine and harmony. Relax and allow your body to focus on recovering the nutrition God has granted it.

Dinner

Eating Dinner at Home

- Spicy Chinese Vegetables and Soba noodles
- Sauteed vegetables with brown rice, kasha
- Steamed vegetables with millet or brown rice
- Lentil and barley soup with salad
- Whole grain pasta with marinara sauce and salad
- Chicken breasts in wine and tamari sauce
- Broiled fish or chicken with salad or vegetables
- Curried vegetables with tofu and brown rice
- Vegetable soup with whole grain noodles or rye crackers
- Corn tortillas with beans and hot sauce (salsa) and salad
- Corn bread and baked beans with salad
- Spanish rice with vegetables or salad
- Whole grain pasta with steamed vegetables and tomato sauce
- Salad and baked potato

Eating Dinner Out

- Broiled fish or chicken with vegetables and salad
- Chicken or fish dishes with sauces on the side (use sparingly), with vegetables and salad
- Chinese food (no MSG) with chicken or bean curd (tofu) and a little rice (no pork or shrimp)
- Italian food: veal, chicken, or fish, with salad and side of pasta
- Chicken enchilada or chicken tostada (no cheese) with salsa
- Soup and salad

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Using MTENS, and TVEP the SCIO can treat the spinal area for injury and pain.
Sending in an auto-focused sophisticated pulse different for each patient based on their personal electrical needs.
How to Make the Switch to Natural Cooking

Rotating Food

Rotation of food is very important, because it diminishes allergies and supplies a variety of nutrients to the system. Our bodies are designed for natural foods and rotated nutrients, not processed, synthetic repetition. No culture has every existed that had one food as its dominant diet. The Mayan Indians ate corn as their primary food. After a while, their pituitaries atrophied and childbearing decreased. So within one or two generations, their number greatly decreased. You have to rotate foods.

Foods that help to build the body’s defenses should be your mainstay. These foods contain vitamins, minerals, protein, carbohydrates and essential fats that not only build resistance, but more vibrant radiant health.

The rotation diet allows for maximum nutrition and minimum allergies. Our bodies are designed for natural foods and rotated nutrients, not processed, synthetic repetition. If there are any special additions or deletions your therapist or doctor will notify you, but anyone can improve their health by following the procedure below.

Rotation: Most allergies develop because of over use of a food source. Toxic build-up of phenyl-aromatic compounds occur due to the constant use of certain foods of similar families. Allergies can result from other systemic intolerance which need special treatment, but toxic allergies respond well to this rotation diet. Many people eat limited numbers of food types. They always have the same salad and vary the vegetables just slightly. How many different vegetables and fruits have you consumed in the last month?

To get the full benefits from your diet, research tells us that 15 different vegetables and 10 different fruits are needed as a minimum.

Start by having a salad a day and rotating the salad parts on the four-day plan. For leafy parts, use leaf lettuce day 1, romaine day 2, spinach day 3, endive, chard, or escarole for day 4. Then back to day 1. Rotate garnishes and dressing likewise.

And once or twice a month bring in something special or rare like turnip greens or milkweed. Rotate cooking oils by using safflower day 1, sunflower day 2, corn oil day 3, olive oil day 4, and others occasionally. Rotate herbal teas on the four-day plan. This is very important. Over use of herbal products may provoke other symptoms. Rotate other beverages as well. Use of processed white sugar and white flour is discouraged, but rotation of grains and sugars encouraged. Use whole wheat day 1, rye day 2, millet day 3, oats, barley or buckwheat on day 4. Use beet or maple sugar day 1, date sugar or fructose day 2, carob-buckwheat on day 4. Use beet or maple sugar day 1, date sugar or fructose day 2, carob-buckwheat on day 4. Use beet or maple sugar day 1, date sugar or fructose day 2, carob-buckwheat on day 4.

Improper Food Combining

What happens when food is not combined correctly? Bad quality nutrition is being absorbed. Inappropriate nutrition is now coming into the body, which is not being broken up properly and contributes to weight gain. This is due to the making of bad tissues. When the body makes bad tissues, it makes more of them. If you have inferior cells, the body has to make five of them to do the same job as one good cell.

Another thing we have to realize about food is that it only takes seven mouthfuls of good food to give us all the nutrition we need; but today, the quality of our food is getting worse and worse.

We are literally cooking 75-80 percent of the nutrients out of our food. So now we need 28 mouthfuls of food to get all of our nutrients. The normal American person is eating somewhere between 35 and 40 mouthfuls a day. We are overeating due to the nutritional depletion of our over processed foods.
Prof. Nelson's immune cookie

1/6 pound tofu
1 cup apple juice
1/2 cup berries or 1/2 piece of fruit (banana, peach, or other)
16 ground germinated almonds
8 ground germinated sambucca seeds
3 tablespoons of wheat germ
15 tablespoons germinated sesame seeds
1 tablespoon of honey
5 ounces of sprouts, rinsed, germinated and drained
use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed.

Mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.

Prof. Nelson's better butter:

For those of you who are not ready to give up the taste of butter, this is an excellent way to reduce your saturated fats. It combines the saturated fats in butter with the polyunsaturated fats in sunflower oil. By using cold pressed oil, you are giving yourself the essential fatty acids your body needs so much. If you eat the same amount of Better Butter as plain butter, you are cutting your saturated fat intake by half.

1/4 pound all natural butter at room temperature
1/3 cup cold-pressed oil combo from above

Blend with a fork and refrigerate. Makes 1/4 pound. It will soften quick in the heat.

Prof. Nelson's salad oil: to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids. Soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, parsley, mustard, or clove oil all the better then you won't have to make it.

Prof. Nelson's SALSA: take one cup (mixed germinated soybeans, jackbeans, peas, snow peas, red kidney bean) and one cup onion, two cups tomatoes, and one cup of sprouts. Put into a food processor and mix into a salsa. Use corn chips unless there is candida or fungus( candida grows best on or with corn meal). Use oat or wheat bran crackers to eat this nutritious and immune stimulating meal.
Herbals

Taken at the first sign of symptoms, echinacea can reduce a cold’s intensity and duration, often even preventing it from becoming a full-fledged infection. Goldenseal helps clear mucus from the throat. It also contains the natural antibiotic berberine, which can help prevent bacterial infections that often follow colds.

One of the Best Cold Remedy

For a good “cold tea,” combine equal parts of elder (Sambucus nigra), peppermint (Mentha piperita), and yarrow (Achillea millefolium) and steep 1 to 2 tsp of the mixture in 1 cup hot water. Take it hot just before going to bed. This will induce a sweat, and if the cold is caught early enough, may stop it altogether. Even if it is too late for this it will still be very useful. This tea can help the body handle fever and reduce achiness, congestion, and inflammation. They may be taken with a pinch of mixed spice and a little honey to soothe a painful throat.

Other herbs that may be added to the infusion include:

Cayenne (Capsicum minimum): a favorite North American Indian remedy: use 1/4 tsp of the powder to really stimulate the circulation.

Cinnamon (Cinnamomum zeylanicum): use a cinnamon stick, and break it into the mixture of herbs, for a gentle, warming and sweat-inducing effect.

Ginger (Zingiber officinalis): grate a small piece of fresh root ginger into the mixture for extra heat.

Caution: Peppermint tea may interfere with the beneficial action of homoeopathic remedies.

Herbal Fever Remedy

- 1 ounce dried Elder Flowers
- 1 ounce dried Peppermint Leaves
- ½ pint distilled water

Mix the herbs. Place in a quart saucepan. Pour 1/2 pints of distilled boiling water over it. Cover and allow to steep in a hot place for 10 to 15 minutes (do not boil). When ready, strain into another saucepan. Sweeten with honey if desired.

This remedy drops high temperature associated with flu quite effectively. In some cases, the temperature has been reduced from 104 to 99 degrees within two hours!! According to Dr. Dr. Edward E. Shook, well known herbalist, “there is no remedy for colds and fevers of any description equal to this simple life-saving formula.” More Information.

Ginger Tea

Best Remedy from the Orient

In both ayurvedic and traditional Chinese medicine, ginger is considered the best home remedy for colds. Drink a cup of ginger tea several times (at least 3 times) a day. Ginger contains a dozen antiviral compounds. And it tastes good. To make a tea, add 1 heaping teaspoon of grated fresh gingerroot to 1 cup of boiled water. Allow to steep for 10 minutes. If you use dried ginger powder use 1/3 to 1/2 teaspoon of grated fresh gingerroot to 1 cup of scalded water. Takes to five days.

Children’s Herbal Antibiotic Formula

- 2 cups water
- ½ teaspoon echinacea root
- ½ teaspoon licorice root and
- ½ teaspoon barberry bark (or Oregon grape root)

Place water and herbs in a saucepan. Simmer for 2 minutes, then remove from heat and steep for about 20 minutes. Strain out herbs. For a 50-pound child, give 1 cup of tea or half a dropperful (30 drops) of tincture daily. To improve the flavor, the tea can be mixed with an equal amount of juice. In fact, homemade apple and grape juice, unlike bottled juices, contain strong antiviral agents that fight colds and flu.

New Other Herbal Remedies

Use inhalations of chamomile, eucalyptus or thyme to help loosen mucus and heal the throat, nasal passages and bronchial tubes. Horsetail inhalations reduce swelling of mucous membranes. Onion or nasturtium inhalations disinfect. Ginkgo biloba leaf inhalations kill bacteria and heal the cells of the damaged mucous membranes almost immediately.

Inhale steam for fifteen minutes three times daily in acute stage; when the condition is improving.

Inhale steam in the evening before retiring for a week or so to help heat the bronchial passages.

Boneset and sage help to break up congestion and bring down a fever. Take a cup of sage and boneset tea up to three times daily for three to five days.

At the onset of a cold, add 1/2 teaspoon each of cinnamon and ginger to 1 cup of scalded milk. Add 1 tablespoon of honey and drink while hot. This remedy is very soothing and stimulating.

Hyssop Tea may prevent Colds and Infections.

Traditional Peppermint Cure for Fever helps to break a fever by causing the recipient to perspire.

Royal Herbal Tea For Severe Colds is useful to treat severe cold symptoms.

Delicious Cold Remedy. This delicious cold remedy will get rid of symptoms of cold pretty fast. It will also clean your system.

Take a cup of chamomile tea twice daily, as needed to help yourself rest and relax.

Mullein flower tea has a pleasant taste and is good to soothe inflamed conditions of the mucous membrane lining the throat. Also relieves coughing. Put a small handful of the mullein flowers in 1 pint of boiling water. Allow to steep 15 minutes. Strain and sweeten with honey.

Take a soothing herbal bath with chamomile, calendula, rosemary, and/or lavender if you are restless and irritable. Keep the water comfortably warm and treat yourself to a long, lazy soak.

Put 1/2 pound of dried mustard in 2 quarts of boiling water and boil for 10 minutes. Add this liquid to foot bath to treat colds and

Comfrey - Elderberry Cold and Fever Remedy also reduces fever associated with cold by inducing perspiration.
lethargy, cough, and aching limbs1,4 reduced symptoms such as headache, are sick. For example, echinacea significantly faster and reduce your symptoms while you cold or flu, echinacea can help you get better infection-fighting capacity. There are some stimulant. It appears to activate the body’s infections. is the main remedy for minor respiratory problems.

Echinacea Echinacea is believed to reduce the symptoms of Cold and Flu and helps in the recovery. There are three main species of echinacea: Echinacea purpurea, Echinacea angustifolia, and Echinacea pallida. E. purpurea is the most widely used. It isn’t clear if any one type is better than the others. In Germany, echinacea is the main remedy for minor respiratory infections. Echinacea is considered to be an immune stimulant. It appears to activate the body’s infection-fighting capacity. There are some evidence that, when taken at the onset of a cold or flu, echinacea can help you get better faster and reduce your symptoms while you are sick. For example, echinacea significantly reduced symptoms such as headache, lethargy, cough, and aching limbs1,4 when administered to people with flu-like illnesses; echinacea administration to people immediately after they have started showing signs of getting a cold,3 resulted in them showing improvement in cold symptoms much sooner than in the placebo group (4 days instead of 8 days).

In another clinical trial, echinacea was found to reduce the length of colds by about 30%,5 (the length of illness was reduced from 13 days to about 9.5 days, when echinacea was administered instead of placebo.

Interestingly, the dosage used is important for effectiveness. In a double-blind study involving 180 people with flu-like illnesses, participants were given either placebo or 450 mg or 900 mg of E. purpurea daily.2 By about the third day, those participants receiving the higher dose of echinacea (900 mg) showed noticeable relief in the severity of symptoms. There was no real benefit in the placebo or low-dose echinacea group.

Investigators also tried to determine whether echinacea can prevent colds from occurring. The answer seems to be in the negative. In most studies reported so far, the regular use of echinacea failed to significantly reduce the incidence of colds. In fact, in one study, echinacea was found to actually increase your risk slightly.

The constituents found in echinacea was found to increase antibody production, raise white blood cell counts, and stimulate the activity of key white blood cells.

Recommended Dosage

- Powdered extract - 300 mg 3 times daily.
- Alcohol tincture (1:5) - 3 to 4 ml 3 times daily.
- Echinacea juice - 2 to 3 ml 3 times daily.
- Whole dried root - 1 to 2 g 3 times daily.

Many herbalists feel that liquid forms of echinacea are more effective than tablets or capsules because they believe that part of echinacea’s benefit is due to direct contact with the tonsils and other lymphatic tissues at the back of the throat.

Take echinacea at the first sign of a cold and continue for 7 to 14 days. Long-term use may not be helpful.

Andrographis Andrographis is a shrub found throughout India and other Asian countries. It is sometimes called “Indian echinacea” because it is believed to provide much the same benefits as echinacea.

In fact, andrographis was found to both reduce the symptoms and shorten the duration of colds in clinical trials. Those who were given andrographis reported that their colds were less intense than usual, reported less sick leave, they got well sooner.

Andrographis also reduced the cold symptoms such as fatigue, sore throat, sore muscles, runny nose, headache, and lymph node swelling.

As in the case of echinacea, the dosage used is important for its effectiveness. In a double-blind study involving 152 adults compared the effectiveness of andrographis (at either 3 g per day or 6 g per day) versus acetaminophen for sore throat and fever. The higher dose of andrographis (6 g) decreased symptoms of fever and throat pain, as did acetaminophen, while the lower dose of andrographis (3 g) did not. There were no significant side effects in either group.

Recommended Dosage

- Take 400 mg 3 times daily with lots of liquids at mealtimes.

Andrographis is typically standardized to its andrographolide content, usually 4 to 6% in many commercial products.

Safety No significant adverse effects have been reported in human studies of andrographis.

However, it is not recommended for young children, pregnant or nursing women, or those with severe liver or kidney disease. There are some concerns from animal studies that andrographis may impair fertility.

Ginseng In Eastern Europe, ginseng is widely believed to improve overall immunity to illness. It appears that regular use of ginseng may prevent colds.

There are actually three different herbs commonly called ginseng: Asian or Korean ginseng (Panax ginseng), American ginseng (Panax quinququfolius), and Siberian “ginseng” (Eleutherococcus senticosus).

A double-blind placebo-controlled study looked at the potential immune-stimulating effects of Panax ginseng when taken by mouth. This trial involved 227 individuals at three medical offices in Milan, Italy. Half were given ginseng at a dose of 100 mg daily, and the other half took placebo. Four weeks into the study, all participants received influenza vaccine.

The results showed a significant decline in the frequency of colds and flu in the treated group compared to the placebo group (15 versus 42 cases). Also, antibody measurements in response to the vaccination rose higher in the treated group than in the placebo group.

So finally we may have a herb that will prevent us from getting the cold afterall!
Chinese herbalists recommend that ginseng should not be used during pregnancy or lactation.

Ginger contains nearly a dozen antiviral compounds. Scientists have isolated several chemicals (sesquiterpenes) in ginger that have specific effects against the most common family of cold viruses, the rhinoviruses. Some of these chemicals are remarkably potent in their anti-rhinovirus effects.

Other constituents in ginger, gingerols and shogaols, help relieve cold symptoms because they reduce pain and fever, suppress coughing and have a mild sedative effect that encourages rest.

Onion is a close to garlic biologically and contains many similar antiviral chemicals. Steep raw onion slices overnight in honey. Take the resulting mixture at intervals like a cough syrup. You can also use more onions in cooking whenever you have a cold.

Anise was recommended as an expectorant for getting rid of phlegm. In large doses, it also has some antiviral benefits.

Safety
The various forms of ginseng appear to be nontoxic, both in the short and long term, in animal studies. Ginseng also does not seem to be carcinogenic.

Side effects are rare. Occasionally women report menstrual abnormalities and/or breast tenderness when they take ginseng along with overstimulation and insomnia. Highly excessive dosages of ginseng can raise blood pressure, increase heart rate, and possibly cause other significant effects. Ginseng allergy can also occur.

Some herbalists believe that ginseng can interfere with drug metabolism, specifically drugs processed by an enzyme called “CYP 3A4.” Ask your physician or pharmacist whether you are taking any medications of this type. Other reports showed ginseng interacting with MAO inhibitor drugs and digitalis. It is possible that some of these interactions are because of contamination in ginseng and may not have anything to do with the herb itself.

Safety in young children, pregnant or nursing women, or those with severe liver or kidney disease has not been established. Chinese herbalists recommend that ginseng should not be used during pregnancy or lactation.

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Recommended Dosage
- Panax ginseng: 1 to 2 g of raw herb, or 200 mg daily of an extract standardized to contain 4 to 7% ginsenosides.
- Eleutherococcus: 2 to 3 g whole herb or 300 to 400 mg of extract daily.
- A 2- to 3-week period of using ginseng is recommended, followed by a 1- to 2-week “rest” period.

Russian herbal tradition suggests that ginseng should not be used by those under 40 years old.

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**Goldenseal**

Goldenseal increases the blood supply to the spleen, an organ that’s the staging area for the fighting cells of your immune system. It is an antiseptic and immune stimulating.

The major healing component in goldenseal, berberine, activates special white blood cells (macrophages) that are responsible for destroying bacteria, fungi, viruses and tumor cells. Several related chemicals in the herb appear to help the berberine do its job.

• Take 10 to 15 drops of goldenseal in an alcohol-free form, known as glycerite, two to three times a day for seven to 10 days.

**Licorice**

Licorice contains antiviral compounds that induce the release of interferons, the body’s own antiviral constituents.

**Marsh mallow and other mallows**

Marsh mallow has been used for thousands of years as a soothing herb for cold-related cough and sore throat and other respiratory conditions. Marsh mallow roots contain a spongy material called mucilage that soothes inflamed mucous membranes.

Most members of the mallow family, including okra and roselle, contain soothing mucilage. One way to take advantage of this is by adding a lot of okra to your chicken soup.

**Seneca snakeroot**

Seneca snakeroot is used as an expectorant for reducing upper respiratory phlegm in Germany. To make a tea, use about one teaspoon per cup of boiling water. (This herb is also recommended for treatment of bronchitis and emphysema.)

**Slippery elm**

Slippery elm bark contains large quantities of a mucilage that acts as an effective throat soother and cough suppressant.

**Watercress**

Use two to three teaspoons of dry watercress to make a tea for treating cold-related runny nose and cough. Or try an ounce of fresh watercress—it makes a great addition to a salad.

**Other Herbs**

Various herbs are said to work like ginseng and enhance immunity over the long term, including ashwagandha, astragalus, garlic, suma, reishi, and maitake.

Several herbs, including osha, yarrow, kudzu, and ginger, are said to help avert colds when taken at the first sign of infection. Other herbs sometimes recommended to reduce cold symptoms include mullein, marshmallow, and peppermint.

Feed a fever, starve a cold. Or is it the other way around? Maybe both! Foods not only nourish and sustain our bodies, but are also rich in compounds that prevent disease and fight infection. This list of common kitchen herbs used to spice up foods are an excellent way around? Maybe both! Foods not only nourish and sustain our bodies, but are also rich in compounds that prevent disease and fight infection. This list of common kitchen herbs used to spice up foods are an excellent way to get the blood and fluids to circulate. Yoga is the best. For the early stages of a cold or flu the lion position is the best at preventing the onslaught and problems. Make as ugly a face as you can and hold it for 30 sec, relax ten sec and repeat three times. This brings blood to the face and throat and blood will heal the cold and flu.

**Yoga for Influenza**

Yoga is good for stretching the spine and getting the blood and fluids to circulate. Yoga daily is as important a health care therapy and preventative as you can find. I have often said that if I had to do only one therapy Yoga is the best. For the early stages of a cold or flu the lion position is the best at preventing the onslaught and problems. Make as ugly a face as you can and hold it for 30 sec, relax ten sec and repeat three times. This brings blood to the face and throat and blood will heal the cold and flu.

**Food Combination Rules**

To reduce gas and improve digestion, remember that to digest protein the stomach needs to be acid (taking antacids is a definite no-no). To digest fruit, the stomach needs to be more alkaline. Remember, fats, carbohydrates and proteins require different intestinal preparation and should not be mix inappropriately. Also, excess liquids dilute stomach digestive fluids. So the three simple rules are:

1. Fruits alone
2. Melons alone
3. Fluids alone

Space at least one hour between fruits, melons and fluids; two hours for a large protein meal.
The Autonomic Nervous System has two parts Sympathetic for Stress (fight flight) also known as the Thoracic-Lumbar nervous system, and the Para-Sympathetic for immunity and digestion also know as the Cranial Sacral nervous system. To stimulate the Para Sympathetic Immuno system apply cold compress for 5 min to the upper neck and the sacrum. Then 5 minutes hot compress for 5 minutes then cold always last to take out inflammation. To stimulate the Sympathetic nerves apply the 5 min heat cold to the Thoracic Lumbar area. For Flu do Cranial Sacral
SPECIAL NOTE ON LECTINS IN AIDS TREATMENT

By: W. Nelson, LPCC, M.D.

Lectins are naturally occurring substances that mostly are found in the plant kingdom. Lectins are proteins or glycoproteins that are not made by the immune system of a human but can influence the immune system of a human. Lectins influence agglutination and precipitate complex carbohydrates.

The agglutinations activity of these highly specific carbohydrate binding molecules is usually inhibited by a simple monosaccharide. For some lectins Di, Tri, or Poly saccharides are required. The plant source often carries the needed molecules for action.

Many Lectins produce stimulation effects on the manufacture of lymphocytes. In fact several of these compounds have mitogenic stimulation of T-cell Lymphocytes. In the last study on the treatment of children with AIDS the use of the soups reflect the use of some lectins.

But if we review the Lectin research we can see a more refined type of soup prescription. ’The effects of T-cell stimulation can indeed be of the utmost importance to the AIDS patient.

Biological research has shown several substances to produce this Mitogenic effect. Many of these herbal compounds are in the New Vistas Product Known as Hemo-A. This product has been tested in cell culture and clinically and proven its ability. But there are many compounds that can provide some dietary effect.

We recommend combining the diet of these foods with the Hemo-A. Many of the best naturally occurring sources of Lectins are herbal controlled substances that are put into the Hemo A. So combining this with the diet has maximum effects.

There are several accompanying procedures that greatly help the aids patient. Enclosed in this simple treatise are guidelines I use in my practice. I have seen tremendous results and several complete cures. I have made a movie about the conflict of this type of therapy. This is “Water , Wine, Homeopathy !!”

The foods richest in the Mitogenic Lectins for stimulating T-cell production follows:

1. Jequirity Bean ( rare)
2. Jack Bean
3. Soybean ( unprocessed)
4. Lentil ( rich in opsonins)
5. Sweet Pea
6. Red Kidney Bean
7. Pea
8. Wheat Germ
9. Sambucca Bean

Using these in soups, salads, or other meal components can have positive effects on T-cell formation. Our research shows the positive effects of these when the immunosuppression is reduced. The primary immunosuppression being Antibiotics, Processed Sugar, Bad Fatty Acids, Street drugs, surgical removal of the B-cell headquarters, Excess Stress, etc. all of these must be avoided.

Rather than looking for ways to synthetically reproduce Nature we should use it in its natural ways. A review of the current literature on AIDS will reveal a dramatic revelation. The life style changes are profound in helping the AIDS patient.

The Synthetic Drug therapies are weak and often ineffective. Natural medicine has much to offer AIDS technology, perhaps a cure.

When the patients and our society express the choice towards natural medicine then the technology will grow.

References


Those Most at Risk from Influenza

1. Elderly and already sick people, the Hospital doctor’s office are high risk
2. High SOC Index, smokers, excess stress, toxic, out of shape, excess weight etc
3. Fatty acid deficient, too much boiled oil
4. Excess dextrose sugar from Holidays or sweet tooth suppresses your immune system and makes influenza flourish
5. Surgical loss of Adenoids, Tonsils, or Appendix, these are the Flu defense organs
6. Too many worms or intestinal parasite interfering with absorption or appendix
7. Stress, Stress, Stress in all of its forms
8. Those exposed to or using Anti-biotics

There is a time for all things under Heaven the Bible and the Byrds tell us. So there comes a time for us to go to the doctor. There is a crisis time. But first call the doctor.
In the cytokine storm the destruction of cells is rampant and could kill the patient. Now we need the doctor but there are still things we can do to help.
To Lessen a Cytokine storm
1. cabbage juice, orange juice,
2. rest no stress
3. Anti-Inflammatory Turmeric (Curcumin), Fish Oil, omega 3, vitamin C,
   Acetylsalicylic Acid, feverfew, Grape Seed Extract, Reservatol, Japanese
   Knotwood, Anise, eucalyptus, lavender
4. flax seed oil, olive oil, pumpkinseed oil,
   (Sambucol a black elderberry-based) mix with yougurt to stimulate absorption
5. Sunshine solar ultraviolet-B (UVB) irradiance stim Vit D, or supplement
6. Meditation breathing anti-inflammation

There is a
Psycho-Soma link and a
Soma Psycho
cycle

Emotions
Immunology
and Hormones
all tied together

NEUROLOGY
ENDOCRINOLOGY
IMMUNOLOGY

When it starts to get extreme there is an hypo-
adrenal complex that robs the adrenalin and
its natural anti-inflammato r qualities. See
the book on adrenal fatigue and use those
therapies to help the crisis client.

Cures and Remedies for
Adrenal Fatigue

As I said above, adrenal fatigue is complicated
and not an easy problem to correct. It may
take one to two years to cure. Many times
there are underlying health problems that
are causing adrenal fatigue. In this case you
need to find out what the cause is. It could
be an ongoing infection or inflammation. It
can be candida overgrowth, irrita ble bowel
syndrome, or any of a number of health
problems that cause ongoing stress to the
adrenals. The underlying cause needs to be
addressed as well or you will never be able to
heal your adrenal glands.

Below are some supplements, herbs, hormonals and some advice to help you with
adrenal fatigue.

Supplements That Help Adrenal Fatigue

- Vitamin C (500-1,500 mg/day sustained
  release) -- best taken with bioflavonoids.
- Vitamin E w/mixed tocopherols (400 IU/
  day)
- Vitamin B100 Complex
- Niacin (50-75 mg/day) -- as inositol
  hexaniacinate.
**Cordyceps** — This is a Chinese mushroom used for supporting the adrenal gland and can also normalize immune function and support kidney, lung, liver, nervous system and cardiovascular function.

**Mahung** — Oriental herb containing ephedra natural adrenalin, banned for how well it worked and for its use in illegal drugs.

**Ginkgo Bilboa** — for memory and mental functioning

**Goto Kola** used for energy

**Liquorice herb** (Glycyrrhiza Glabra), is possibly the most important herb for helping the adrenal glands to produce natural steroids and also to help balance the immune system in cases of autoimmune disorders as well as reduce inflammation via these two routes.

**How Does Liquorice Achieve its Action?**

Liquorice contains Glycosides called glycyrrhizin and glycyrrhizinic acid; these have a structure similar to the natural steroids in the body and tend to rapidly restore natural steroid production from the adrenal glands. In addition, the direct action of these glycosides, along with other ingredients in the liquorice seem to have an almost magical effect in reducing inflammation and the entire autoimmune mal-response. Personally, taking Sterols and Sterolins from the product Naturleaf produced general health benefits and improved energy, it did not prevent the re-occurrence of asthma. Taking Liquorice had an obvious effect within hours of the first dose and repeatedly I found that it would turn off the initial stages on asthma like a switch.

**Note:** if you have asthma, or bronchitis the formulation of Liquorice root, slippery elm and Lobelia (Asthma and Bronchitis Formula) has a very high success rate (according to using prescribed medications is usually wrong in treating thyroid and adrenal glands as the real cause is most likely an iodine deficiency. Use kelp, sea salt, fucus or iodine homeopathics.

**Proline** (100 mg daily) — Proline is helpful in rebuilding connective tissues. Weak adrenals are often associated with poor quality connective tissues and whatever helps connective tissues seems to help adrenals as well.

**Adrenal Glandular** — or desiccated adrenal gland is extremely important in the initial phases of adrenal repair since it provides raw materials to support adrenal function. It also contains some important adrenal hormones.

**Herbs That Help Adrenal Fatigue**

**Rhodiola Rosea** — It enhances memory and concentration. It has been shown to reduce stress-induced fatigue and improve mental performance.

**Ashwagandha** — It has been shown to have a sedating effect on the body and helps to rebuild the digestive and nervous system.

**Eleuthero Root or Siberian Ginseng** — It has been used traditionally to stimulate and nourish the adrenal glands and increases mental alertness. Eleuthero is considered an “adaptogen” which means it can help the body adapt to stress.
Liquorice consumption for a very small percentage of the population:— details are given in the full Liquorice article: Liquorice herb.

Personally I have found liquorice to be more effective and totally harmless in its ability to help the body produce the correct type and amount of natural steroids, whereas drug based steroids, in my experience are less effective and will in time seriously disrupt the body's homeostasis and render it susceptible to Candida Albicans infection and other health problems. Glycyrrhizin has a similar chemical structure to corticosteroids released by the adrenals, and further studies have suggested that it could be used as an aid in helping to reduce withdrawal symptoms from dependency on some corticosteroid hormones.

Liquorice is the well known component of Liquorice sweets, is surprisingly one of the most important medicinal herbs on the planet. It has been used extensively in Chinese herbal medicine for thousands of years, in approximately half of their formulas. The reason given is that it tends to improve the action of all the other herbs and 'harmonise' the action of the herbal formula.

The cautions and side effects of regular

Gerald Green (of almost 100% in babies and children and 80% in adults; irrespective of how serious the condition. Gerald has used liquorice extensively for many different autoimmune conditions, with good success as part of the a herbal programme. We supply Liquorice Concentrate capsules and also Kalawalla with Liquorice in a combination capsule called Immuno-calm.

Wild Yam and the Adrenals

In our modern, stressful world, our fight or flight mechanism is over-stimulated and subsequently the adrenals become overworked and insufficient DHEA is produced, DHEA, is a precursor hormone to oestrogen, progesterone, and testosterone, and is necessary to balance the hormones in your body. Insufficient DHEA can cause fatigue, bone loss, loss of muscle mass, depression, aching joints, decreased sex drive, and impaired immune function. Wild Yam helps to maintain a balance of hormones in the body for women & men. The essence of the action of yam appears to be in facilitating the production of DHEA, 'the mother of hormones'.

- DHEA is also referred to as 'the anti-aging hormone': its widespread effects are due to its role of 'mothering' the production of over 50 other hormones. Researchers now believe that adequate DHEA production may help modulate the following: fatigue, depression, stress, memory problems, obesity, tumor growth, viral and bacterial infections, high blood pressure, collagen and skin integrity problems, osteoporosis, immune responses.

- Further evidence suggests that Wild Yam consumption can help to normalise the production of the adrenal cortex hormones. The anti-stress and anti-inflammatory hormones (natural steroid hormones) help prevent inflammation and maintain joint and general structural integrity. This would explain the anti-arthritic (especially relating to rheumatoid arthritis) and anti-rheumatic effects observed traditionally. The tendency to strains, sprains and back problems (so-called slipped disc) are in part due to poor adrenal gland function. Also the tendency to pain in the body is modulate by adrenal hormones. We cannot feel or become strong without adequate adrenal hormones. Aldosterone is an important adrenal hormone that helps the body to maintain the balance of mineral salts to water - a most important aspect of optimum well-being.

- The adrenals are also involved in regulating salt balance in the body in conjunction with the hypo-thalamus. In some people, it seems this regulation does not work properly and too much salt is lost from the urine. In these cases the need for supplemental salt in the form of either Ionic Minerals or Celtic Sea Salt is increased.

- Peruvian Maca. This herb can also help the adrenals generally, Maca root contains natural substances that stimulate the pituitary and hypothalamus. These master glands of the body in turn trigger the ovaries, adrenals, testes, thyroid, and pancreas to return to healthy functioning, thus producing normal amounts of hormones.

Hormones That Help Adrenal Fatigue

As for hormones, it is a good idea to be tested and find out what your hormone levels are before supplementing them. This way you'll know exactly what hormones are deficient. The three hormones below are most often supplemented when dealing with adrenal fatigue.

- DHEA - This is a basic adrenal hormone that the adrenals will convert into other hormones. If someone is very deficient in this hormone they may only be able to tolerate a small amount such as 5 mg. The average adult dose ranges 10 mg. DHEA will also go on to become sex hormones such as testosterone and estrogen.
We pile things on and on till just one more straw....

When we finally colapse, we only remeber the last straw and not the other larger burdens

- **Pregnenolone** - This is a precursor to many of the hormones produced by the adrenal glands. It is a raw material that supports basic adrenal function. Pregnenolone is best taken towards the evening but may be taken earlier if it interferes with sleep. The usual dose is 10 mg.

- **Progesterone Cream** - Progesterone is the building block for many other major hormones such as cortisol, DHEA, testosterone and estrogen. If you are under a lot of stress and your adrenals are pumping out cortisol, your body will use available progesterone. If too much progesterone is used to produce cortisol, your body will use available progesterone. Progesterone in men will decrease sexual urge and even destroy male sex glands.

**Life Style Changes That Help Adrenal Fatigue**

- Removal of the stressors. This is the most important step. Emotional stressors such as marital, family, relationship or financial problems needs to be dealt with and normalized. Don’t get upset at the little stuff. And it is all little stuff.

- Rest and sleep are extremely important. You will need nine hours of sleep and maybe more for a very long time. Also rest after meals, at midmorning and mid-afternoon if possible.

- Gentle walking is beneficial but vigorous exercise depletes the adrenals. Deep breathing and stretching is also beneficial. You should exercise to relax rather than to build muscles or lose weight.

- Replace toxic cleaning products used around the house with natural products. There are natural alternatives available for cleaning. Hair dyes, shampoos, makeup and skin care products need to be replaced with natural versions. Adrenals are stressed by chemicals and so this is very important.

- Detoxification sauna therapy using an infrared sauna will greatly speed up recovery. If you are in adrenal burnout, use the sauna daily for no more than 30 minutes. Once or twice a week is excellent for prevention.

- Potassium deficiency can also produce a problem. Potassium makes food orange. Eat orange foods such as orange, pumpkin, squash, paprika, carrot, yam, peppers, grapefruit. Avoid salt and sodium.

- Avoid bad sugars (dextrose) and bad oils(cooked, animal and transfatty acids), eat good sugars(fructose) and healthy cold processed uncooked plant oils.

**Adrenal Fatigue Diet**

It may benefit you to add sea salt to your diet, if your potassium is adequate. Acetic acid from vinegar like in pickles can help the acetyl choline form and balance energy.

**Nutritional Considerations in Chronic Fatigue Syndrome**

When the adrenal glands are fatigued they do not produce enough aldosterone. Aldosterone regulates the amount of sodium and potassium in the body. When aldosterone becomes deficient not enough salt is retained in the body. If you have been craving salt, this is probably the reason. Use natural potassium salts or magnesium salts to balance and not upset the mineral balance with too much sodium. You might stim the adrenals but generate another problem with the heart.

**Adrenal Fatigue Article**

Instead of eating three meals a day, eat five or six small meals or snacks a day to keep your blood sugar balanced. If you have adrenal fatigue it causes low blood sugar problems. Eating more often can help keep your blood sugar stable. Eat every 3 to 4 hours, nothing in the middle.

Always eat protein with every meal and snack -- eggs, beef, pork and poultry are the best sources of protein. Nuts and seeds are other good sources. Absolutely avoid vegetarian diets as they will further stress your adrenals. Most vegetarians never recover from adrenal fatigue.

Complex carbohydrates are good but you may want to avoid wheat as you may be allergic. If you know of any other food allergies, you should avoid them as well. Root vegetables such as turnips, parsnips, rutabaga, carrots, onions, garlic and potatoes are good. All vegetables are good for you and should be eaten several times throughout the day. Other good complex carbs are corn, brown rice and quinoa. Organic corn chips or brown rice cakes are also good.

Avoid isolated soy protein as it is of poor quality and contains many anti-nutrients. Actually avoid all soy products as well. Do not eat any sugar and only eat fruit in small portions. Don’t drink fruit juices. Use only healthy oils such as olive oil, flaxseed oil, coconut oil and butter. Use sea salt rather than table salt.

It’s really beneficial to drink green drinks like...
Bottles are those sold by Barlean’s. You should always get the flax oil with lignans. Once you have initially opened the bottle to remove the seal, never remove the cap again. To dispense the oil, just turn the bottle upside down, flip open the cap, and squeeze. This way, very little air will get in the bottle.

**THE BUDWIG FLAX OIL DIET**

The Flaxseed (Linseed) oil diet was originally proposed by Dr. Johanna Budwig, a German biochemist and expert on fats and oils, in 1951 and recently re-examined by Dr. Dan C. Roehm M.D. FACP (Oncologist and former cardiologist) in 1990. Dr. Roehm claims: “This diet is far and away the most successful anti-cancer diet in the world.”

Budwig claims that the diet is both a preventative and a curative. She says the absence of linol-acids [in the average western diet] is responsible for the production of oxydase, which induces cancer growth and is the cause of many other chronic disorders. The beneficial oxydase ferments are destroyed by heating or boiling oils in foods, and by nitrates used for preserving meat, etc.

The theory is: the use of oxygen in the organism can be stimulated by protein compounds of sulphuric content, which make oils water-soluble and which is present in cheese, nuts, onion and leek vegetables such as leek, chive, onion and garlic, but especially cottage cheese.

Ferments of cell respiration closely connected with the highly unsaturated fatty acids, are also needed for proper oxidation. It is essential to use only unrefined, cold-pressed oils with high linolic acid content, such as linseed, sunflower, soya, poppyseed, walnut, and corn oils. Such oil should be consumed together with foods containing the right proteins.
otherwise the oils will have the OPPOSITE EFFECT, causing more harm than good.

The best combination is cottage cheese and linseed oil. The linseed should be freshly ground. Carbohydrates containing natural sugar, such as dates, figs, pears, apples and grapes, are also included in the diet. Honey is also beneficial. Most of the synthetic vitamin A preparations are bad because they contain oxidation products, but much carotene as provitamin A (from carrot) is consumed. Vitamin B from buttermilk, yoghurt, and natural yeast is beneficial.

A person requires daily about 4 oz. of cottage cheese mixed well with 1.5 oz. of linseed oil and 1 oz. of milk. A blender or egg beater works fine. The mixture an be sweetened with honey or otherwise flavored naturally. Fresh fruits can be added. Every morning 2 spoonfuls of freshly ground linseed oil should be taken in luke warm buttermilk or yoghurt.

The diet is indicated for all kinds of chronic diseases, especially heart ailments (corony thrombosis), gall disorders, diabetes, arthritis, and malignancies. It improves falling hearing and sight. It is the ideal nutrient for children and infants. It is suggested that this diet be supplemented with lactic acid ferments [4].

“What she [Dr. Johanna Budwig] has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the dietary/lifestyle, the response is immediate; to my complete satisfaction in my practice is: 1. DEXTROSE SUGAR IS ABSOLUTELY FORBIDDEN. Grape juice may be added to sweeten any other freshly squeezed juices with fructose.

2. Other ‘forbidden’ are: All animal fats. - All Salad Oils (this included commercial mayonnaise) - All Meats (chemicals & hormones) - Butter - Margarine - Preserved Meats (the preservatives block metabolism even of Flax Oil) 3. Freshly squeezed vegetable juices are fine - carrot, celery, apple, and red beet. 4. Three times daily a warm tea is essential - peppermint, rose hips or grape tea - all Metropolitan (preservative danger) may be used. These squeezed juices and NOT reconstituted juices NO white sugar (or brown!) Only freshly prepared Meats (the preservatives block metabolism even of Flax Oil)

\[
\text{Forbidden:}\]

Preserved Meats (the preservatives block metabolism even of Flax Oil) - Butter - Margarine - Mayonnaise (directions below). In addition to ‘greens’ salads, use grated turnips, carrots, kohlrabi, radishes, sauerkraut or cauliflower. A fine powder of horseradish, chives or parsley may be added for flavor.

\[
\text{Cooked Meal Course:}\]

Steamed vegetables, potatoes, or such grains as rice, buck-wheat or millet may be served. to these add either THE SPREAD or THE MAYO - for flavor and to up your intake of Flax Oil. Also mix THE SPREAD with potatoes for an especially hearty meal. Add caraway, chives, parsley or other herbs.

\[
\text{Dessert:}\]

Mix fresh fruit other than those used for breakfast with THE SPREAD, this time (instead of honey), flavored using cream of lemon, vanilla or berries.

\[
\text{Afternoon Tea:}\]

A small glass of natural wine (no preservatives) or champagne or fresh fruit juice with 1-2 tablespoons of honey-coated Fax Seeds.

\[
\text{Supper:}\]

Have this early, at 6pm. Make a hot meal using buckweat, oat or soy cakes. grits from buckweat are the very best and can be placed in a vegetable soup, or in more solid forms of cakes with herbal sauce. Sweet sauces & soups can always be given far more healing energy by adding THE SPREAD. Only honey or grape juice can be used for sweeteners. NO white sugar (or brown!) Only freshly squeezed juices and NOT reconstituted juices (preservative danger) may be used. These must be completely natural.

\[
\text{How to prepare ‘THE MAYO’ (Mayonnaise):}\]

Mix together 2 tablespoons (30 ml) Flax Oil, 2 tablespoons (30 ml) milk, and 2 tablespoons (30 ml) Yoghurt.

Then add 2 tablespoons (30 ml) of Lemon juice (or Apple Cider Vinegar) and add 1 teaspoon (2.5g) Mustard plus some herbs such as marjoram or dill.

Next add 2 or 3 slices of health food store pickles (no preservatives! - read label!) and a pinch of herbal salts.

(The above mayonnaise plus lots of mustard and a few bananas is very tasty!)

Concluding remarks by Dr. Roehm - “I only wish that all my patients had a PhD in Biochemistry and Quantum Physics to enable them to see how with such consummate skill this diet was put together. It is a wonder. The champagne vehicle IS easier to assimilate and get someone almost on their death-bed going again. A retention enema of 250 ml (8.5 oz) of oil is another route to get this precious life-furthering, ELECTRON-RICH oil into the body. It can also be applied to the skin for transdermal absorption. I’ll answer your questions and give you “special orders” for...
you particular case.
You will have to remain on this diet for a good 5 years, at which time your tumour may have disappeared. Persons who break the rules of this diet, Dr Budwig reports, (ie eating preserved meats, candy, etc) will sometimes grow rapidly worse and cannot be saved after they come back from their spree (bon-bons mean bye-bye).

In 1967, Dr Budwig broadcast the following sentence during an interview over the South German Radio Network, describing her incoming patients with failed operations and x-ray therapy: “Even in these cases it is possible to restore health in a few months at most, I would truly say 90% of the time”.

“This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn’t it? Cancer treatment can be very simple and very successful once you know how. The cancer interests don’t want you to know this.

May those of you who have suffered from this disease (and I include your family and friends in this) forgive the miscreants who have kept this simple information from reaching you for so long”.

Dan C. Roehm, M.D. FACP

“The best, purest, most carefully prepared Flax Oil in America is, in my opinion”, said Roehm, “is Omegaflo. Arrowhead mills label their container is opened...”.

Flax Seeds may also be used. Seeds need only be cracked in a food blender, or they may be ground in a coffee grinder. One needs three times the amount of seed to get the oil equivalent. Seeds are high in calories, so one may gain weight. The seeds are also high in soluble fibre, so blending with liquid tends to produce ever-hardening “jellies”. Fresh-cracked seed sprinkled on muesli & eaten promptly tastes great.

“The red blood cells in the lungs give up carbon dioxide and take on oxygen. They are then transported to the cell site via the blood vessels, where, they release their oxygen into the plasma. This released oxygen is “attracted” to the cells by the “resonance” of the pi-electron” oxidation-enhancing fatty acids. Otherwise, oxygen cannot work its way into the cell. “Electron rich fatty acids” play the decisive role in “respiratory enzymes, which are the basis of cell oxidation...”.

“Don’t eat anything hydrogenated like (like margarine, or fried foods) as it defeats oxygenation. Avoid products that say “hydrogenated”.

“We should eat essential polyunsaturated fatty acids to enhance oxygenation. They can be found naturally in Carotene, Saffron, and Flaxseed oil.”

References

Dr.Johanna Budwig Mix:

Put in your blender:
• 1 cup Organic cottage cheese (low fat, not too hard one, best make your own)(or yogurt)
• 2-5 Tbsp. of flaxseed oil
• 1-3 Tbsp. of freshly ground up flaxseed (coffee grinder ($15) works fine) enough water to make it soft
• little cayenne
optional:
• little garlic
• little red pepper
• little champagne

Make it very soft. Eat some of it every day. (PS Adjust quantities for your taste !)

Influenza

Influenza, commonly referred to as the flu, is an infectious disease caused by RNA viruses of the family Orthomyxoviridae (the influenza viruses), that affects birds and mammals. The name influenza comes from the Italian influenza, meaning “influence” (Latin: influentia). The most common symptoms of the disease are chills, fever, sore throat, muscle pains, severe headache, coughing, weakness and general discomfort. Fever and coughs are the most frequent symptoms. In more serious cases, influenza causes pneumonia, which can be fatal, particularly for the young and the elderly. Although it is often confused with other influenza-like illnesses, especially the common cold, influenza is a much more severe disease than the common cold and is caused by a different type of virus. Influenza may produce nausea and vomiting, particularly in children, but these symptoms are more common in the unrelated gastroenteritis, which is sometimes called “stomach flu” or “24-hour flu”.

Typically, influenza is transmitted through the air by coughs or sneezes, creating aerosols containing the virus. Influenza can also be transmitted by bird droppings, saliva, nasal secretions, feces and blood. Infection can also occur through contact with these body fluids or through contact with contaminated surfaces. Airborne aerosols have been thought to cause most infections, although which means of transmission is most important is not absolutely clear. Influenza viruses can be inactivated by sunlight, disinfectants and detergents. As the virus can be inactivated by soap, frequent hand washing reduces the risk of infection.

Influenza spreads around the world in seasonal epidemics, resulting in the deaths of hundreds of thousands annually — millions in pandemic years. Three influenza pandemics occurred in the 20th century and killed tens of millions of people, with each of these pandemics being caused by the appearance of a new strain of the virus in humans. Often, these new strains appear when an existing flu virus spreads to humans from other animal species, or when
an existing human strain picks up new genes from a virus that usually infects birds or pigs. An avian strain named H5N1 raised the concern of a new influenza pandemic, after it emerged in Asia in the 1990s, but it has not evolved to a form that spreads easily between people. In April 2009 a novel flu strain evolved that combined genes from human, pig, and bird flu, initially dubbed “swine flu”, emerged in Mexico, the United States, and several other nations. WHO officially declared the outbreak to be a “pandemic” on June 11, 2009.

Vaccinations against influenza are usually given to people in developed countries and to farmed poultry. The most common human vaccine is the trivalent influenza vaccine (TIV) that contains purified and inactivated material from three viral strains. Typically, this vaccine includes material from two influenza A virus subtypes and one influenza B virus strain. The TIV carries no risk of transmitting the disease, and it has very low reactivity. A vaccine formulated for one year may be ineffective in the following year, since the influenza virus evolves rapidly, and new strains quickly replace the older ones. Antiviral drugs can be used to treat influenza, with neuraminidase inhibitors being particularly effective.

**Classification**

**Types of influenza virus**

- **Influenzavirus A**
- **Influenzavirus B**
- **Influenzavirus C**

These viruses are only distantly related to the human parainfluenza viruses, which are RNA viruses belonging to the paramyxovirus family that are a common cause of respiratory infections in children such as croup, but can also cause a disease similar to influenza in adults.

**Influenzavirus A**

This genus has one species, influenza A virus. Wild aquatic birds are the natural hosts for a large variety of influenza A. Occasionally, viruses are transmitted to other species and may then cause devastating outbreaks in domestic poultry or give rise to human influenza pandemics. The type A viruses are the most virulent human pathogens among the three influenza types and cause the most severe disease. The influenza A virus can be subdivided into different serotypes based on the antibody response to these viruses. The serotypes that have been confirmed in humans, ordered by the number of known human pandemic deaths, are:

- H1N1, which caused Spanish flu in 1918, and the 2009 flu pandemic
- H2N2, which caused Asian Flu in 1957
- H3N2, which caused Hong Kong Flu in 1968
- H5N1, a current pandemic threat
- H7N7, which has unusual zoonotic potential
- H1N2, endemic in humans and pigs
- H9N2
- H7N2
- H7N3
- H10N7

**Influenzavirus B**

This genus has one species, influenza C virus, which infects humans, dogs and pigs, sometimes causing both severe illness and local epidemics. However, influenza C is less common than the other types and usually only causes mild disease in children.

**Structure, properties, and subtype nomenclature**

Influenzavirus A, B and C are very similar in overall structure. The virus particle is 80–120 nanometres in diameter and usually roughly spherical, although filamentous forms can occur. These filamentous forms are more common in influenza C, which can form cordlike structures up to 500 micrometres long on the surfaces of infected cells. However, despite these varied shapes, the viral particles of all influenza viruses are similar in composition. These are made of a viral envelope containing two main types of glycoproteins, wrapped around a central core. The central core contains the viral RNA genome and other viral proteins that package and protect this RNA.

Unusually for a virus, its genome is not a single piece of nucleic acid; instead, it contains seven or eight pieces of segmented negative-sense RNA, each piece of RNA contains either one or two genes. For example, the influenza A genome contains 11 genes on eight pieces of RNA, encoding for 11 proteins: hemagglutinin (HA), neuraminidase (NA), nucleoprotein (NP), M1, M2, NS1, NS2(NEP), PA, PB1, PB1-F2 and PB2.

Hemagglutinin (HA) and neuraminidase (NA) are the two large glycoproteins on the outside of the viral particles. HA is a lectin that mediates binding of the virus to target cells and entry of the viral genome into the target cell, while NA is involved in the release of progeny virus from infected cells, by cleaving sugars that bind the mature viral particles. Thus, these proteins...
Viruses can only replicate in living cells. Influenza infection and replication is a multi-step process: firstly the virus has to bind to and enter the cell, then deliver its genome to a site where it can produce new copies of viral proteins and RNA, assemble these components into new viral particles and finally exit the host cell.

Influenza viruses bind through hemagglutinin onto sialic acid sugars on the surfaces of epithelial cells; typically in the nose, throat and lungs of mammals and intestines of birds (Stage 1 in infection figure). After the hemagglutinin is cleaved by a protease, the cell imports the virus by endocytosis.

Once inside the cell, the acidic conditions in the endosome cause two events to happen: first part of the hemagglutinin protein fuses the viral envelope with the vacuole’s membrane, then the M2 ion channel allows protons to move through the viral envelope and acidify the core of the virus, which causes the core to dissemble and release the viral RNA and core proteins.

The viral RNA (vRNA) molecules, accessory proteins and RNA-dependent RNA polymerase are then released into the cytoplasm (Stage 2). The M2 ion channel is blocked by amantadine drugs, preventing infection.

These core proteins and vRNA form a complex that is transported into the cell nucleus, where the RNA-dependent RNA polymerase begins transcribing complementary positive-sense vRNA (Steps 3a and b). The vRNA is either exported into the cytoplasm and translated (step 4), or remains in the nucleus.

Newly synthesised viral proteins are either secreted through the Golgi apparatus onto the cell surface (in the case of neuraminidase and hemagglutinin, step 5b) or transported back into the nucleus to bind vRNA and form new viral genome particles (step 5a). Other viral proteins have multiple actions in the host cell, including degrading cellular mRNA and using the released nucleotides for vRNA synthesis and also inhibiting translation of host-cell mRNAs.

Negative-sense vRNAs that form the genomes of future viruses, RNA-dependent RNA polymerase, and other viral proteins are assembled into a virion. Hemagglutinin and neuraminidase molecules cluster into a bulge in the cell membrane.

The vRNA and viral core proteins leave the nucleus and enter this membrane protrusion (step 6). The mature virus buds off from the cell in a sphere of host phospholipid membrane, acquiring hemagglutinin and neuraminidase with this membrane coat (step 7).

As before, the viruses adhere to the cell through hemagglutinin; the mature viruses detach once their neuraminidase has cleaved sialic acid residues from the host cell. Drugs that inhibit neuraminidase, such as oseltamivir, therefore prevent the release of new infectious viruses and halt viral replication. After the release of new influenza viruses, the host cell dies.

Because of the absence of RNA proofreading enzymes, the RNA-dependent RNA polymerase that copies the viral genome makes an error roughly every 10 thousand nucleotides, which is the approximate length of the influenza vRNA. Hence, the majority of newly manufactured influenza viruses are mutants, this causes “antigenic drift”, which is a slow change in the antigens on the viral surface over time.

The separation of the genome into eight separate segments of vRNA allows mixing or reassortment of vRNAs if more than one type of influenza virus infects a single cell. The resulting rapid change in viral genetics produces antigenic shifts, which are sudden large changes that allow the virus to infect new host species and quickly overcome protective immunity.

This is important in the emergence of pandemics, as discussed below in the section on Epidemiology.
common cold and influenza in the early stages of these infections, but a flu can be identified by a high fever with a sudden onset and extreme fatigue. Diarrhoea is not normally a symptom of influenza in adults, although it has been seen in some human cases of the H5N1 "bird flu" and can be a symptom in children. The symptoms most reliably seen in influenza are shown in the table to the right.

### Most sensitive symptoms for diagnosing influenza

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Sensitivity</th>
<th>Specificity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>68-86%</td>
<td>25-73%</td>
</tr>
<tr>
<td>Cough</td>
<td>84-98%</td>
<td>7-29%</td>
</tr>
<tr>
<td>Nasal congestion</td>
<td>68-91%</td>
<td>19-41%</td>
</tr>
</tbody>
</table>

**Notes to table:**
- The ranges given represent different studies that were reviewed.
- Sensitivity is the proportion of people having influenza who exhibit the symptom.
- Specificity is the proportion of people not having influenza who do not exhibit the symptom.
- All three findings, especially fever, were less sensitive in patients over 60 years of age.

Since anti-viral drugs are effective in treating influenza if given early (see treatment section, below), it can be important to identify cases early. Of the symptoms listed above, the combinations of fever with cough, sore throat and/or nasal congestion can improve diagnostic accuracy. Two decision analysis studies suggest that during local outbreaks of influenza, the prevalence will be over 70%, and thus patients with any of these combinations of symptoms may be treated with neuramidase inhibitors without testing.
Even in the absence of a local outbreak, treatment may be justified in the elderly during the influenza season as long as the prevalence is over 15%.

The available laboratory tests for influenza continue to improve. The United States Centers for Disease Control and Prevention (CDC) maintains an up-to-date summary of available laboratory tests.

According to the CDC, rapid diagnostic tests have a sensitivity of 70–75% and specificity of 90–95% when compared with viral culture. These tests may be especially useful during the influenza season (prevalence=10%) but in the absence of a local outbreak, or peri-influenza season (prevalence=25%) but not itself contribute to the disease.

Mechanism

Transmission

Sneezing can transmit influenza.

People who contract influenza are most infective between the second and third days after infection and infectivity lasts for around ten days. Children are much more infectious than adults and shed virus from just before they develop symptoms until two weeks after infection. The transmission of influenza can be modeled mathematically, which helps predict how the virus will spread in a population.

Influenza can be spread in three main ways: by direct transmission when an infected person sneezes mucus into the eyes, nose or mouth of another person; through people inhaling the aerosols produced by infected people coughing, sneezing and spitting; and through hand-to-mouth transmission from either contaminated surfaces or direct personal contact, such as a hand-shake.

The relative importance of these three modes of transmission is unclear, and they may all contribute to the spread of the virus. In the airborne route, the droplets that are small enough for people to inhale are 0.5 to 5 μm in diameter and inhaling just one droplet might be enough to cause an infection. Although a single sneeze releases up to 40,000 droplets, most of these droplets are quite large and will quickly settle out of the air.

How long influenza survives in airborne droplets seems to be influenced by the levels of humidity and UV radiation: with low humidity and a lack of sunlight in winter probably aiding its survival.

As the influenza virus can persist outside of the body, it can also be transmitted by contaminated surfaces such as banknotes, doorknobs, light switches and other household items.

The length of time the virus will persist on a surface varies, with the virus surviving for one to two days on hard, non-porous surfaces such as plastic or metal, for about fifteen minutes from dry paper tissues, and only five minutes on skin. However, if the virus is present in mucus, this can protect it for longer periods.

Avian influenza viruses can survive indefinitely when frozen. They are inactivated by heating to 56 °C (133 °F) for a minimum of 60 minutes, as well as by acids (at pH <2).

Pathophysiology

H1N1

H5N1

The different sites of infection (shown in red) of seasonal H1N1 versus avian H5N1. This influences their lethality and ability to spread.

The mechanisms by which influenza infection causes symptoms in humans have been studied intensively. Consequently, knowing which genes are carried by a particular strain can help predict how well it will infect humans and how severe this infection will be (that is, predict the strain’s pathobiology).

For instance, part of the process that allows influenza viruses to invade cells is the cleavage of the viral hemagglutinin protein by any one of several human proteases. In mild and avirulent viruses, the structure of the hemagglutinin means that it can only be cleaved by proteases found in the throat and lungs, so these viruses cannot infect other tissues.

However, in highly virulent strains, such as H5N1, the hemagglutinin can be cleaved by a wide variety of proteases, allowing the virus to spread throughout the body. The viral hemagglutinin protein is responsible for determining both which species a strain can infect and where in the human respiratory tract a strain of influenza will bind. Strains that are easily transmitted between people have hemagglutinin proteins that bind to receptors in the upper part of the respiratory tract, such as in the nose, throat and mouth.

In contrast, the highly-lethal H5N1 strain binds to receptors that are mostly found deep in the lungs. This difference in the site of infection may be part of the reason why the H5N1 strain causes severe viral pneumonia in the lungs, but is not easily transmitted by people coughing and sneezing.

Common symptoms of the flu such as fever, headaches, and fatigue are the result of the huge amounts of proinflammatory cytokines and chemokines (such as interferon or tumor necrosis factor) produced from influenza-infected cells. In contrast to the rhinovirus that causes the common cold, influenza does cause tissue damage, so symptoms are not entirely due to the inflammatory response. This massive immune response might produce a life-threatening cytokine storm. This effect has been proposed to be the cause of the unusual lethality of both the H51N1 avian influenza, and the 1918 pandemic strain.

However, another possibility is that these large amounts of cytokines are just a result of the massive levels of viral replication produced by these strains, and the immune response does not itself contribute to the disease.

Prevention - Vaccination

The wrong way to give an influenza vaccination
common method is to grow the virus in fertilized hen eggs. After purification, the virus is inactivated (for example, by treatment with detergent) to produce an inactivated-virus vaccine. Alternatively, the virus can be grown in eggs until it loses virulence and the avirulent virus given as a live vaccine. The effectiveness of these influenza vaccines are variable. Due to the high mutation rate of the virus, a particular influenza vaccine usually confers protection for no more than a few years. Every year, the World Health Organization predicts which strains of the virus are most likely to be circulating in the next year, allowing pharmaceutical companies to develop vaccines that will provide the best immunity against these strains. Vaccines have also been developed to protect poultry from avian influenza. These vaccines can be effective against multiple strains and are used either as part of a preventative strategy, or combined with culling in attempts to eradicate outbreaks.

It is possible to get vaccinated and still get influenza. The vaccine is reformulated each season for a few specific flu strains but cannot possibly include all the strains actively infecting people in the world for that season. It takes about six months for the manufacturers to formulate and produce the millions of doses required to deal with the seasonal epidemics; occasionally, a new or overlooked strain becomes prominent during that time and infects people although they have been vaccinated (as by the H3N2 Fujian flu in the 2003–2004 flu season). It is also possible to get infected just before vaccination and get sick with the very strain that the vaccine is supposed to prevent, as the vaccine takes about two weeks to become effective.

The 2006–2007 season was the first in which the CDC had recommended that children younger than 59 months receive the annual influenza vaccine. Vaccines can cause the immune system to react as if the body were actually being infected, and general infection symptoms (many cold and flu symptoms are just general infection symptoms) can appear, though these symptoms are usually not as severe or long-lasting as influenza. The most dangerous side-effect is a severe allergic reaction to either the virus material itself or residues from the hen eggs used to grow the influenza; however, these reactions are extremely rare.

How to make a Homeopathic Immunization formula

1. Get a sample of an infected person’s nasal mucus from their sinuses
2. Put into a one oz bottle of 40% alcohol good vodka like Finlandia
3. Succus for 15 times every 3 hours over 24 hours in a cool place
4. Dilute by putting one ounce of pure water in with the mixture
5. Succus again 15 times
6. Now use 4 drops into the nasal mucosal area of the person twice a day for three days

Immunity will evolve as best it can. This gives you a two ounce bottle enough for ten people to boost their immunity. There is more on vaccination in the movies from IMUNE.
Infection control

Good personal health and hygiene habits, like hand washing, avoiding spitting, and covering the nose and mouth when sneezing or coughing, are reasonably effective in reducing influenza transmission. In particular, hand-washing with soap and water, or with alcohol-based hand rubs, is very effective at inactivating influenza viruses. These simple personal hygiene precautions are recommended as the main way of reducing infections during pandemics. Although face masks might help prevent transmission when caring for the sick, evidence of beneficial effects is mixed in the community.

Since influenza spreads through both aerosols and contact with contaminated surfaces, surface sanitizing may help prevent some infections. Alcohol is an effective sanitizer against influenza viruses, while quaternary ammonium compounds can be used with alcohol so that the sanitizing effect lasts for longer. In hospitals, quaternary ammonium compounds and bleach are used to sanitize rooms or equipment that have been occupied by patients with influenza symptoms. At home, this can be done effectively with a diluted chlorine bleach.

During past pandemics, closing schools, churches and theaters slowed the spread of the virus but did not have a large effect on the overall death rate. It is uncertain if reducing public gatherings, by for example closing schools and workplaces, will reduce transmission since people with influenza may just be moved from one area to another; such measures would also be difficult to enforce and might be unpopular. When small numbers of people are infected, isolating the sick might reduce the risk of transmission.

Treatment

Further information: Influenza treatment

People with the flu are advised to get plenty of rest, drink plenty of liquids, avoid using alcohol and tobacco and, if necessary, take medications such as paracetamol (acetaminophen) to relieve the fever and muscle aches associated with the flu. Children and teenagers with flu symptoms (particularly fever) should avoid taking aspirin during an influenza infection (especially influenza type B), because doing so can lead to Reye’s syndrome, a rare but potentially fatal disease of the liver. Since influenza is caused by a virus, antibiotics have no effect on the infection; unless prescribed for secondary infections such as bacterial pneumonia. Antiviral medication can be effective, but some strains of influenza can show resistance to the
Antiviral drugs such as oseltamivir (trade name Tamiflu) and zanamivir (trade name Relenza) are neuraminidase inhibitors that are designed to halt the spread of the virus in the body. These drugs are often effective against both influenza A and B. The Cochrane Collaboration reviewed these drugs and concluded that they reduce symptoms and complications. Different strains of influenza viruses have differing degrees of resistance against these antivirals, and it is impossible to predict what degree of resistance a future pandemic strain might have. Natural forms include, ear wax, sambuccol, anise seed, eucalyptus, golden seal.

Neuraminidase inhibitors

Flu-like Symptoms

Feeling Run-Down • Headache • Body Aches • Chills • Fever

The word Oscillococcinum was coined in 1925 by the French physician Joseph Roy (1891-1978) who saw military duty during the Spanish Flu epidemic of 1917. Roy wrote that on examining the blood of flu victims, he had observed an oscillating bacterium which he named Oscillococcus. He searched for the "bacterium" in several animals until he felt that he’d found it on the liver of the Long Island duckling. The modern preparation is created from livers of Muscovy Duck. Active ingredients: Anacardiaceae Heparis et Cordis Extractum (extract of Muscovy Duck liver and heart) 200CK HPUS 1:10–400 g Inactive ingredient: 0.85 g sucrose, 0.15 g lactose (100% sugar).
M2 inhibitors (adamantanes)

The antiviral drugs amantadine and rimantadine block a viral ion channel (M2 protein) and prevent the virus from infecting cells. These drugs are sometimes effective against influenza A if given early in the infection but are always ineffective against influenza B because B viruses do not possess M2 molecules.

Measured resistance to amantadine and rimantadine in American isolates of H3N2 has increased to 91% in 2005. This high level of resistance may be due to the easy availability of amantadines as part of over-the-counter cold remedies in countries such as China and Russia, and their use to prevent outbreaks of influenza in farmed poultry.

Golden Seal has these properties, as does maitake.

Prognosis

Influenza’s effects are much more severe and last longer than those of the common cold. Most people will recover completely in about one to two weeks, but others will develop life-threatening complications (such as pneumonia). Influenza, however, can be deadly, especially for the weak, old, or chronically ill. People with a weak immune system, such as people with advanced HIV infection or transplant patients (whose immune systems are medically suppressed to prevent transplant organ rejection), suffer from particularly severe disease. Other high-risk groups include pregnant women and young children. The flu can worsen chronic health problems. People with emphysema, chronic bronchitis or asthma may experience shortness of breath while they have the flu, and influenza may cause worsening of coronary heart disease or congestive heart failure. Smoking is another risk factor associated with more serious disease and increased mortality from influenza.

According to the World Health Organization: “Every winter, tens of millions of people get the flu. Most are only ill and out of work for a week, yet the elderly are at a higher risk of death from the illness. We know the worldwide death toll exceeds a few hundred thousand people a year, but even in developed countries the numbers are uncertain, because medical authorities don’t usually verify who actually died of influenza and who died of a flu-like illness.” Even healthy people can be affected, and serious problems from influenza can happen at any age. People over 50 years old, very young children and people of any age with chronic medical conditions are more likely to get complications from influenza, such as pneumonia, bronchitis, sinus, and ear infections.

In some cases, an autoimmune response to an influenza infection may contribute to the development of Guillain-Barré syndrome. However, as many other infections can increase the risk of this disease, influenza may only be an important cause during epidemics. This syndrome can also be a rare side-effect of influenza vaccines, with an incidence of about one case per million vaccinations.

Epidemiology

Seasonal variations

Further information: Flu season

Influenza reaches peak prevalence in winter, and because the Northern and Southern Hemispheres have winter at different times of the year, there are actually two different flu seasons each year. This is why the World Health Organization (assisted by the National Influenza Centers) makes recommendations for two different vaccine formulations every year; one for the Northern, and one for the Southern Hemisphere.

It is not clear why outbreaks of the flu occur seasonally rather than uniformly throughout the year. One possible explanation is that, because people are indoors more often during the winter, they are in close contact more often, and this promotes transmission from person to person.

Another is that cold temperatures lead to drier air, which may dehydrate mucus, preventing the body from effectively expelling virus particles. The virus may also survive longer on exposed surfaces (doorknobs, countertops, etc.) in colder temperatures.

Increased travel due to the Northern Hemisphere winter holiday season may also play a role. A contributing factor is that aerosol transmission of the virus is highest in cold environments (less than 5 °C) with low humidity. However, seasonal changes in infection rates also occur in tropical regions, and these peaks of infection are seen mainly during the rainy season. Seasonal changes in contact rates from school terms, which are a major factor in other childhood diseases such as measles and pertussis, may also play a role in the flu. A combination of these small seasonal effects may be amplified by dynamical resonance with the endogenous disease cycles. H5N1 exhibits seasonality in both humans and birds.

An alternative hypothesis to explain seasonality in influenza infections is an effect of vitamin D levels on immunity to the virus. This idea was first proposed by Robert Edgar Hope-Simpson in 1965.

He proposed that the cause of influenza epidemics during winter may be connected to seasonal fluctuations of vitamin D, which is produced in the skin under the influence of solar (or artificial) UV radiation. This could explain why influenza occurs mostly in winter and during the tropical rainy season, when people stay indoors, away from the sun, and their vitamin D levels fall.

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Epidemic and pandemic spread

Further information: Flu pandemic

Antigenic shift, or reassortment, can result in novel and highly pathogenic strains of human influenza

As influenza is caused by a variety of species and strains of viruses, in any given year some strains can die out while others create epidemics, while yet another strain can cause a pandemic. Typically, in a year’s normal two flu seasons (one per hemisphere), there are between three and five million cases of severe illness and up to 500,000 deaths worldwide, which by some definitions is a yearly influenza epidemic. Although the incidence of influenza can vary widely between years, approximately 36,000 deaths and more than 200,000 hospitalizations are directly associated with influenza every year in the United States. Roughly three times per century, a pandemic occurs, which infects a large proportion of the world’s population and can kill tens of millions of people (see history section). Indeed, one study estimated that if a strain with similar virulence to the 1918 influenza emerged today, it could kill between 50 and 80 million people.

New influenza viruses are constantly evolving by mutation or by reassortment. Mutations can cause small changes in the hemagglutinin and neuraminidase antigens on the surface of the virus. This is called antigenic drift, which slowly creates an increasing variety of strains until one evolves that can infect people who are immune to the pre-existing strains. This new variant then replaces the older strains as it rapidly sweeps through the human population—often causing an epidemic. However, since the strains produced by drift will still be reasonably similar to the older strains, some people will still be immune to them. In contrast, when influenza viruses reassort, they acquire completely new antigens—for example by reassortment between avian strains and human strains; this is called antigenic shift. If a human influenza virus is produced that has entirely new antigens, everybody will be susceptible, and the novel influenza will spread uncontrollably, causing a pandemic. In contrast to this model of pandemics based on antigenic drift and shift, an alternative approach has been proposed where the periodic pandemics are produced by interactions of a fixed set of viral strains with a human population with a constantly changing set of immunities to different viral strains.

History

Etymology

The word influenza comes from the Italian language and refers to the cause of the disease; initially, this ascribed illness to unfavorable astrological influences. Changes in medical thought led to its modification to influenza del freddo, meaning “influence of the cold.” The word influenza was first used in English in 1743 when it was adopted, with an anglicized pronunciation, during an outbreak of the disease in Europe. Archaic terms for influenza include epidemic catarrh, grippé (from the French), sweating sickness, and Spanish fever (particularly for the 1918 pandemic strain).

Pandemics

Further information: Influenza pandemic, Spanish flu, Hong Kong flu

The difference between the influenza mortality age distributions of the 1918 epidemic and normal epidemics. Deaths per 100,000 persons in each age group, United States, for the interpandemic years 1911–1917 (dashed line) and the pandemic year 1918 (solid line).

The symptoms of human influenza were clearly described by Hippocrates roughly 2,400 years ago. Since then, the virus has caused numerous pandemics. Historical data on influenza are difficult to interpret, because the symptoms can be similar to those of other diseases, such as diphtheria, pneumonic plague, typhoid fever, dengue, or typhus. The first convincing record of an influenza pandemic was of an outbreak in 1580, which began in Russia and spread to Europe via Africa. In Rome, over 8,000 people were killed, and several Spanish cities were almost wiped out. Pandemics continued sporadically throughout the 17th and 18th centuries, with the pandemic of 1830–1833 being particularly widespread; it infected approximately a quarter of the people exposed.

The most famous and lethal outbreak was the 1918 flu pandemic (Spanish flu pandemic) (type A influenza, H1N1 subtype), which lasted from 1918 to 1919. It is not known exactly how many it killed, but estimates range from 20 to 100 million people. This pandemic has been described as “the greatest medical holocaust in history” and may have killed as many people as the Black Death. This huge death toll was caused by an extremely high infection rate of up to 50% and the extreme severity of the symptoms, suspected to be caused by cytokine storms. Indeed, symptoms in 1918 were so unusual that initially influenza was misdiagnosed as dengue, cholera, or typhoid.

One observer wrote, “One of the most striking of the complications was hemorrhage from mucous membranes, especially from the nose, stomach, and intestine. Bleeding from the ears and petechial hemorrhages in the skin also occurred.” The majority of deaths were from bacterial pneumonia, a secondary infection caused by influenza, but the virus also killed people directly, causing massive hemorrhages and edema in the lung.

The 1918 flu pandemic (Spanish flu pandemic) was truly global, spreading even to the Arctic and remote Pacific islands. The unusually severe disease killed between 2 and 20% of those infected, as opposed to the more usual flu epidemic mortality rate of 0.1%. Another unusual feature of this pandemic was that it mostly killed young adults, with 99% of pandemic influenza deaths occurring in people under 65, and more than half in young adults 20 to 40 years old. This is unusual since influenza is normally most deadly to the very young (under age 2) and the very old (over age 70).

The total mortality of the 1918–1919 pandemic is not known, but it is estimated that 2.5% to 5% of the world’s population was killed. As many as 25 million may have been killed in the first 25 weeks; in contrast, HIV/AIDS has killed 25 million in its first 25 years.
through Chamberland filters, which have pores that are too small for bacteria to pass through. The etiological cause of influenza, the Orthomyxoviridae family of viruses, was first discovered in pigs by Richard Shope in 1931. This discovery was shortly followed by the isolation of the virus from humans by a group headed by Patrick Laidlaw at the Medical Research Council of the United Kingdom in 1933. However, it was not until Wendell Stanley first crystallized tobacco mosaic virus in 1935 that the non-cellular nature of viruses was appreciated.

The main types of influenza viruses in humans. Solid squares show the appearance of a new strain, causing recurring influenza pandemics. Broken lines indicate uncertain strain identifications.

The first significant step towards preventing influenza was the development in 1944 of a killed-virus vaccine for influenza by Thomas Francis, Jr. This built on work by Australian Frank Macfarlane Burnet, who showed that the virus lost virulence when it was cultured in fertilized hen’s eggs. Application of this observation by Francis allowed his group of researchers at the University of Michigan to develop the first influenza vaccine, with support from the U.S. Army. The Army was deeply involved in this research due to its experience of influenza in World War I, when thousands of troops were killed by the virus in a matter of months. In comparison to vaccines, the development of anti-influenza drugs has been slower, with amantadine being licensed in 1966 and, almost thirty years later, the next class of drugs (the neuraminidase inhibitors) being developed.

### Society and culture

Further information: Social impact of H5N1

Influenza produces direct costs due to lost productivity and associated medical treatment, as well as indirect costs of preventative measures. In the United States, influenza is responsible for a total cost of over $10 billion per year, while it has been estimated that a future pandemic could cause hundreds of billions of dollars in direct and indirect costs.

However, the economic impacts of past pandemics have not been intensively studied, and some authors have suggested that the Spanish influenza actually had a positive long-term effect on per-capita income growth, despite a large reduction in the working population and severe short-term depressive effects. Other studies have attempted to predict the costs of a pandemic as serious as the 1918 Spanish flu on the U.S. economy, where 30% of all workers became ill, and 2.5% were killed. A 30% sickness rate and a three-week length of illness would decrease the gross domestic product by 5%. Additional costs would come from medical treatment of 18 million to 45 million people, and total economic costs would be approximately $700 billion.

Preventative costs are also high. Governments worldwide have spent billions of U.S. dollars preparing and planning for a potential H5N1 avian influenza pandemic, with costs associated with purchasing drugs and vaccines as well as developing disaster drills and strategies for improved border controls.

On 1 November 2005, United States President George W. Bush unveiled the National Strategy to Safeguard Against the Danger of Pandemic Influenza backed by a request to Congress for $7.1 billion to begin implementing the plan.

Internationally, on 18 January 2006, donor nations pledged US$2 billion to combat bird flu at the two-day International Pledging Conference on Avian and Human Influenza held in China.
Research

Further information: Influenza research

Research on influenza includes studies on molecular virology, how the virus produces disease (pathogenesis), host immune responses, viral genomics, and how the virus spreads (epidemiology). These studies help in developing influenza countermeasures; for example, a better understanding of the body’s immune system response helps vaccine development, and a detailed picture of how influenza invades cells aids the development of antiviral drugs. One important basic research program is the Influenza Genome Sequencing Project, which is creating a library of influenza sequences; this library should help clarify which factors make one strain more lethal than another, which genes most affect immunogenicity, and how the virus evolves over time.

Research into new vaccines is particularly important, as current vaccines are very slow and expensive to produce and must be reformulated every year. The sequencing of the influenza genome and recombinant DNA technology may accelerate the generation of new vaccine strains by allowing scientists to substitute new antigens into a previously developed vaccine strain. New technologies are also being developed to grow viruses in cell culture, which promises higher yields, less cost, better quality and surge capacity.

Research on a universal influenza A vaccine, targeted against the external domain of the transmembrane viral M2 protein (M2e), is being done at the University of Ghent by Walter Fiers, Xavier Saelens and their team and has now successfully concluded Phase I clinical trials.

A number of biologics, therapeutic vaccines and immunobiologics are also being investigated for treatment of infection caused by viruses. Therapeutic biologics are designed to activate the immune response to virus or antigens. Typically, biologics do not target metabolic pathways like anti-viral drugs, but stimulate immune cells such as lymphocytes, macrophages, and/or antigen presenting cells, in an effort to drive an immune response towards a cytotoxic effect against the virus.

Influenza models, such as murine influenza, are convenient models to test the effects of prophylactic and therapeutic biologics. For example, Lymphocyte T-Cell Immune Modulator inhibits viral growth in the murine model of influenza.

Further information: Influenza research

Dr. Terrence Tumpey examining a reconstructed 1918 Spanish Flu Virus at a CDC in a Biosafety level 3 environment.

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Research into new vaccines is particularly important, as current vaccines are very slow and expensive to produce and must be reformulated every year. The sequencing of the influenza genome and recombinant DNA technology may accelerate the generation of new vaccine strains by allowing scientists to substitute new antigens into a previously developed vaccine strain. New technologies are also being developed to grow viruses in cell culture, which promises higher yields, less cost, better quality and surge capacity.

Research on a universal influenza A vaccine, targeted against the external domain of the transmembrane viral M2 protein (M2e), is being done at the University of Ghent by Walter Fiers, Xavier Saelens and their team and has now successfully concluded Phase I clinical trials.

A number of biologics, therapeutic vaccines and immunobiologics are also being investigated for treatment of infection caused by viruses. Therapeutic biologics are designed to activate the immune response to virus or antigens. Typically, biologics do not target metabolic pathways like anti-viral drugs, but stimulate immune cells such as lymphocytes, macrophages, and/or antigen presenting cells, in an effort to drive an immune response towards a cytotoxic effect against the virus.

Influenza models, such as murine influenza, are convenient models to test the effects of prophylactic and therapeutic biologics. For example, Lymphocyte T-Cell Immune Modulator inhibits viral growth in the murine model of influenza.

Further information: Influenza research

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Further information: Influenza research
Infection in other animals

**HSN1**

- Influenza A virus
- Subtype HSN1
- Genetic structure
- Infection
- Human mortality
- Global spread
- Social impact
- Pandemic

Further information: Influenzavirus A, H5N1 and Transmission and infection of HSN1

Influenza infects many animal species, and transfer of viral strains between species can occur. Birds are thought to be the main animal reservoirs of influenza viruses. Sixteen forms of hemagglutinin and nine forms of neuraminidase have been identified. All known subtypes (HxNy) are found in birds, but many subtypes are endemic in humans, dogs, horses, and pigs; populations of camels, ferrets, cats, seals, mink, and whales also show evidence of prior infection or exposure to influenza. Variants of flu virus are sometimes named according to the species the strain is endemic in or adapted to. The main variants named using this convention are: Bird Flu, Human Flu, Swine Flu, Horse Flu and Dog Flu. (Cat flu generally refers to Feline viral rhinotracheitis or Feline calicivirus and not infection from an influenza virus.) In pigs, horseshed, dogs, and cats, influenza symptoms are similar to humans, with cough, fever and loss of appetite. The frequency of animal diseases are not as well-studied as human infection, but an outbreak of influenza in harbour seals caused approximately 500 seal deaths off the New England coast in 1979–1980. On the other hand, outbreaks in pigs are common and do not cause severe mortality.

**Bird flu**

Flu symptoms in birds are variable and can be unspecific. The symptoms following infection with low-pathogenicity avian influenza may be as mild as ruffled feathers, a small reduction in egg production, or weight loss combined with minor respiratory disease. Since these mild symptoms can make diagnosis in the field difficult, tracking the spread of avian influenza requires laboratory testing of samples from infected birds. Some strains such as Asian HSN2 are highly virulent to poultry and may cause more extreme symptoms and significant mortality. In its most highly pathogenic form, influenza in chickens and turkeys produces a sudden appearance of severe symptoms and almost 100% mortality within two days. Influenza in chickens and turkeys produces mortality. In its most highly pathogenic form, H9N2 are highly virulent to poultry and may cause more extreme symptoms and significant mortality. In the future, HSN1 may mutate or re assort into a strain capable of efficient human-to-human transmission. The exact changes that are required for this to happen are not well understood. However, due to the high lethality and virulence of HSN1, its endemic presence, and its large and increasing biological host reservoir, the HSN1 virus was the world's pandemic threat in the 2006–07 flu season, and billions of dollars are being raised and spent researching HSN1 and preparing for a potential influenza pandemic.

**Swine flu**

Chinese inspectors on an airplane, checking passengers for fevers, a common symptom of swine flu. In pigs swine influenza produces fever, lethargy, sneezing, coughing, difficulty breathing and decreased appetite. In some cases the infection can cause abortion. Although mortality is usually low, the virus can produce weight loss and poor growth, causing economic loss to farmers. Infected pigs can lose up to 12 pounds of body weight over a 3 to 4 week period. Direct transmission of an influenza virus from pigs to humans is occasionally possible (this is called zoonotic swine flu). In all, 50 human cases are known to have occurred since the virus was identified in the mid-20th century, which have resulted in six deaths.

In 2009 a swine-origin H1N1 virus strain commonly referred to as “swine flu” caused the 2009 flu pandemic, but there is no evidence that it is endemic to pigs (i.e. actually a swine flu) or of transmission from pigs to people, instead the virus is spreading from person to person. This strain is a reassortment of several strains of H1N1 that are usually found separately, in humans, birds, and pigs.

References:


U.S. flu strategy under revision

Federal officials to put less emphasis on school closings

The Obama administration is finalizing guidelines that would scale back when the federal government recommends closing schools in response to the swine flu pandemic, several people involved in the deliberations said Monday. Such guidance would mark a change in the government’s approach from this spring, when health officials suggested that schools shut down at the first sign of the H1N1 virus. They later relaxed that advice.

This fall, federal authorities would recommend closures only under “extenuating circumstances,” such as if a campus has many children with underlying medical conditions, a senior U.S. health official involved in the talks said. The official added that discussions are continuing that no final decision has been made. Schools also might be advised to close if many students or staff members are already sick or otherwise absent, officials said.

“The framework is to try to keep schools open to the extent possible,” the senior health official said, speaking on condition of anonymity because the White House has ordained that information be released only on a need-to-know basis. “There will be circumstances where it makes sense to close schools, but what we are trying to do is refine” those instances, Brennan said. U.S. authorities will release within days other “community-mitigation” measures, intended to help keep businesses operating, help hospitals avoid being overwhelmed and guide local authorities in deciding whether to cancel public events, officials said.

Experts say such decisions are timely because of the quickly approaching fall flu season. The H1N1 virus does not appear to be more lethal than seasonal flu, but it might be two or three times as infectious and is expected to hit young, healthy people and schools especially hard. On average, about 36,000 Americans a year die of seasonal flu, and more than 200,000 are hospitalized, most of them elderly or already ill. By contrast, most H1N1 cases involve people younger than 18, and children are more infectious than adults. The British medical journal Lancet reported last month...
Advocates of school closings say it is among the best options to slow a pandemic -- and thus reduce deaths and the strain on hospitals -- after developing a vaccine and antiviral drugs.

More than 700 schools nationwide, with nearly a half-million students, closed in late April and early May, following a pandemic plan that the U.S. Centers for Disease Control and Prevention published in early 2007. On April 29, facing a spiraling H1N1 outbreak in Mexico, Obama urged U.S. schools with confirmed or suspected flu cases to strongly consider closing for as much as two weeks.

But the CDC stepped back May 4, noting that the disease did not appear as lethal as feared. The CDC said sick students and staff members should stay home for seven days. U.S. officials agreed to revisit the issue by fall. Education officials said they felt bound to respect what the research relied on unrealistic assumptions and overlooked real-world factors.

Federal officials proposed school closings after studying the outbreaks of severe acute respiratory syndrome (SARS) and avian flu in Asia earlier this decade, examining the 1918 and 1957 flu pandemics and using new research on respiratory syndrome (SARS) and avian flu in Asia earlier this decade, examining the 1918 and 1957 flu pandemics and using new research relied on unrealistic assumptions and overlooked real-world factors.

Schools would have to stay shut for the duration of a pandemic for closings to work, they say, which could have serious economic consequences. Parents staying home to tend their children would cause widespread economic losses. Critics of school closings also note the tension between the main objectives of the government’s flu response: to minimize illness and death and to limit social disruption.

The Lancet study reported that school closings could help slow the pandemic, but a 12-week closure in the United States or United Kingdom could cost 1 percent to 6 percent of gross domestic product.

Brennan said U.S. authorities are acting now with a “better understanding” of the virus, based on cases here and in the Southern Hemisphere, where flu season is in full swing. Earlier plans were premised on containing a deadlier outbreak that spread from Asia, not a milder form that began, and is already widespread, in North America, officials said.

Neil M. Ferguson, a leading CDC modeler, said the public might be the final decider. He said that people won’t accept mass disruption unless the flu is severe and that then they may demand it.

The trouble with waiting is that school closings, to be effective, should be applied before an outbreak peaks, not when it is at its worst.

“Clearly there’s some level of flu where it’s worth closing the schools and some level of flu where it’s not,” Marc Lipsitch, a professor at the Harvard School of Public Health. References


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85. Interim Guidance for the Use of Masks to Control Influenza Transmission Coordinating Center for Infectious Diseases (CCID) August 8, 2005.
full/104/18/7711.
141. Statement from President George W. Bush on Influenza Accessed 26 Oct 2006


Further reading

General

History

Microbiology

Epidemiology
• Epidemiology of WHO-confirmed human cases of avian influenza A(H5N1) infection

Treatment and prevention

Research
• WHO (PDF) contains latest Evolutionary “Tree of Life” for H5N1 article Antigenic and genetic characteristics of H5N1 viruses and candidate H5N1 vaccine viruses developed for potential use as pre-pandemic vaccines published 18 August 2006
• WHO’s assessment of Flu Research as of August 2006.
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5. Save Money on Travel, Parking, Childcare, and Books. You save money the world saves energy, this makes you and the world better.
6. Employer Support. Many employers offer tuition reimbursement for employees' tuition associated with training in their fields. Employers also tend to encourage enrollment in online degree programs because they know employees will be able to go to school and still be able to be committed to their jobs. Don’t be afraid to ask your employer. Every company needs a wellness consultant.

Professor Desiré Dubounet the world's most famous Naturopath and her friends have spent over 35 million dollars to bring the world a professional and thorough course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance. She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma...
Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

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We must fight for freedom of choice and especially freedom of choice on medicine.