Swine Flu – What To Do About It

As we all have heard, there is a possibility that the swine flu virus could become widespread in the United States, with 64 cases as of 4/28/09. Whether this becomes of epidemic proportions or not in the U.S., it’s always good to know how to recognize it and have some information about it. These remedies work well for any type of flu.

**How to recognize it**: The NM Dept of Health defines “Influenza-Like Illness” as: *Fever greater or equal to 37.8C (100F) oral or equivalent, AND a cough and/or sore throat in absence of a known cause other than influenza.*

**Therapeutic Support**:  
- *Use a common sense approach to strengthening the immune system: natural eating, eliminating refined sugars/carbs and hydrogenated oils – eating nutrient dense foods with plenty of raw food and fruits and vegetables. Drink a lot of pure water.*  
- *Chiropractic adjustments: Dr. Dan Murphy frequently speaks about the huge success Chiropractic had in decreasing mortality during the Great Flu Pandemic of 1918, which was a major reason Chiropractic became more widely utilized and a major health profession in the years following.*  
- *LifeLine Sessions have proven to help strengthen the body. See [www.infiniteloveandgratitude.com](http://www.infiniteloveandgratitude.com) and click on ‘The LifeLine Technique’ and then on ‘Training Program’. Under A Fusion of Science & Spirit, click on ‘-See How Your Cells Change’. This will give you a great way to see how this technique can help with illnesses like the Swine Flu.*  
- *I also recommend more time in the sunshine for adrenal and Vitamin D support.*  
- *Exercise is important in keeping the lymphatic system moving. Even when you start to feel sick, movement can be beneficial.*
Dr. Toohey has summarized the products below that Nutri-West has available for support of influenza conditions. Nutri-West is a product line available through practitioners. Note especially the Total Virx with olive leaf, elderberry, etc and the homeopathic nasal spray Total Flu-CLD #1. A product that is not mentioned below, that I may use is Zinc Lozenge (15mg of Zinc Gluconate).

I have outlined other remedies listed below in detail including: Essential Oils like Spice Traders; & Dr. Christopher’s Herbal Remedies; LifeLine Spagyrics.

{NOTE: These suggestions are also appropriate support for the common or seasonal type influenza, not just swine flu!}

The CDC states that the swine influenza A (H1N1) virus is susceptible to the prescription antiviral drugs oseltamivir and zanamivir, should they need drug intervention. If you have any questions on product selection or protocol, please call me at 901-283-2696 or email: kallyefros@gmail.com.

Thanks,
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Special thanks for contributions from
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Swine Flu
By Dr. Lynn Toohey, PhD

The swine flu virus has already been identified as a new virus, with genes from human and avian flues as well as the swine variety. It is causing large-scale outbreaks in Mexico, along with separate confirmed cases in the U.S. and Canada and suspected cases in other countries. The influenza virus is constantly mutating, but every once in awhile, the virus shifts its genetic structure so much that our immune systems are challenged. (This usually happens when a flu virus found in animals - like the avian flu still circulating in Asia - swaps genes with other viruses in a process called re-assortment, and jumps to human beings.) A flu pandemic occurs
when a new flu virus emerges for which humans have little or no immunity and then spreads easily from person to person around the world. The avian flu is not easily spread. In the 20th century we had two mild flu pandemics, in 1968 and 1957, and the severe "Spanish flu" pandemic of 1918, which killed an estimated 40 to 50 million people worldwide (Reuters News Release April 27, 2009. ... By BRYAN WALSH).

What Can You Do To Strengthen the Immune System?
The following lists Nutri-West products and the information is helpful. Please contact me if you are interested in a special order of Nutri-West products. You will not find them listed on my web site due to agreements with Nutri-West.

**Nutri-West’s Total Virx** (Olive leaf powder and extract, elderberry extract, astragalus, glycerol monolaurate, lysine, vitamin C, etc.). Olive leaf extract and elderberry extract are strong immune support nutrients. Researchers report that a female, taking no HIV drugs, used an elderberry extract with olive leaf extract and experienced a viral load drop from 17,000 to 4,000, and also that a placebo-controlled double-blind study demonstrated that elderberry extract led to a rapid recovery from influenza and inhibited replication of nine other strains of the flu virus. A theory is that elderberry renders viruses nonfunctional by staining and coating them” (Konlee, M. A new triple combination therapy. Posit Health News. 1998 Fall;(No 17):12-4.) Other well-controlled trials also report that a “complete cure was achieved within 2 to 3 days in nearly 90% of the elderberry extract-treated group (Zackay RZ et al. Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract (Sambucus nigra L.) during an outbreak of influenza B Panama. J Altern Complement Med. 1995 Winter;1(4):361-9.) The other immune nutrients in Total Virx combine to make a powerful formula. “I believe Total Virx from Nutri-West is one of the best natural anti-virals there is! We have used it with great success for years.” – Michael Pendleton, DC, CCSP, DACNB.

“Take 2 tablets of **Total Virx** and **Total Multimune** initially, then one per hour for the first day, and then lower the dose. Flu symptoms are usually better in six hours. If vomiting is present, add **L-Glutamine Plus**, 4 tablets initially and then one per hour; if bowel disturbance, add **Total Probiotics**, one capsule every four hours; Drink plenty of filtered water and rest.” – Dr. Ben Markham, DC, DIBAK, DACBN, CCN.

**Nutri-West’s China West Ilex Formula (CW #15)** “is one of those items that have a permanent space allocated in my personal medicine cabinet. It is not something I would ever be without. I have not experienced the full manifestation of Influenza (or the common cold) in 15 years nor has my wife. At the first symptom, I take my temperature. If it is elevated I make the assumption that it is probably due to the influenza virus. My regimen consists of taking two tablets of CW #15 initially, followed by one tablet every waking hour. My experience has been that by the following morning, all symptoms are gone*. Also, I have been in telephone communication with a woman in Colorado whose husband was diagnosed by his ophthalmologist with the Herpes virus in his eyes. I recommended the same dosage schedule for him and the last report I received from her indicated that the herpes virus was gone after two weeks of therapy.” (*The CW# 16 Lonicera formula is also a wonderful formula to use at first signs of flu. Again, symptoms can nearly be gone in 24 hours, and if symptoms persist on the second day, switch to **Ilex #15**: the strength of CW #16 is in early detection to avoid wind-heat invasion). – Dr. Ken Edwards (D.C., D.A.C.B.N).

**Nutri-West’s Sago-C 500** (Includes 500 mg Sago palm vitamin C with bioflavonoids, propolis, and synergistic immune ingredients) OR **C-1000 TR** (1,000 mg vitamin C with bioflavonoids):
Thousands die every year from flu/flu complications, most often pneumonia in the elderly. In a controlled trial of over 700 students, the vitamin C-treated test group (showing flu/cold symptoms) given 1,000 mg every hour for the first six hours (and three X daily afterwards) vs. the control population (reporting symptoms) who were treated with pain relievers and decongestants showed an 85% reduction in symptoms. Vitamin C “administered before or after the appearance of cold and flu symptoms relieved and prevented the symptoms in the test population compared with the control group” (Gorton HC. The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections. J Manipulative Physiol Ther. 1999 Oct;22(8):530-3.)

Nutri-West’s Total Flu-Cld #1 Nasal Spray (Homeopathic) (includes: Gel 12x, Eup perf 12x, Ferr phos 12x, Byr 12x, Merc sub cor 12 x, Ars alb 12x, Ird 12x, Echin 3x, Bapt 3x and Phyt 3x)

Homeopathic Remedies have been found to be useful in conditions of flu (Jaber R. Respiratory and allergic diseases: from upper respiratory tract infections to asthma. Prim Care. 2002 Jun;29(2):231-61.) Gelsemium and Byronia, for instance “are the two most frequently indicated homeopathic flu medicines used to treat the flu… and homeopathy carries the potential to make a dramatic difference in any flu epidemic without the risk of drug side effects” (Randall Neustaedter OMD, Flu: Alternative treatments and prevention. North Atlantic Books, 2005). Eupatorium Perf is a well-known homeopathic remedy for flu-like symptoms (Jaric S, et al. An ethnobotanical study on the usage of wild medicinal herbs from Kopaonik Mountain (Central Serbia). J Ethnopharmacol. 2007 Apr 20;111(1):160-175.) It is especially good for relief of headache, violent chills, and bone-pains. Echinacea Purp homeopathic has been found to “modulate peritoneal inflammatory reaction and have a cytoprotective action on leukocytes” (Pedalino CM, Effect of Atropa belladonna and Echinacea angustifolia in homeopathic dilution on experimental peritonitis. Homeopathy. 2004 Oct;93(4):193-8.) It is particularly helpful in controlling fever and lymphatic inflammation.

Other Remedies That Can Be Used

**Essential Oils**

- **Spice Traders:** May assist in protecting he body from the onset of flu, candida, colds, viruses and plagues. This formula is reported to have been the recipe of herbs and spices and oils used at the time of the black plague to help protect people from catching the plague. Apply to wrists, neck, or bottom of feet. Can be diffused. May be used as a gargle.

- **Seasonal Combat:** Created to assist in combating respiratory diseases including bottle with water to help disinfect airborne 'bugs', also use on the body, with diffusers, or wall balls.

- **Fortify:** May improve, strengthen, support and protect the natural defense system of the body.

- **Purify:** Helps clean and disinfect the air and surfaces of germs. Put in a spray bottle and use liberally especially when there are sick people around. Use neat washing dishes. Can be used as a hand sanitizer.

**Dr. Christopher’s Herbal Remedies**

- **Adrenal Formula:** Used historically to help promote the overall health of the adrenal glands and other assisting glandular systems. Also, this formula consists of a synergistic blend of herbs to help promote homeostasis of the adrenal system which benefits the
whole body. Healthy Adrenals benefit the immune system. If you are under a lot of stress, you may want to pay attention to the adrenal glands.

**Cold Season Formula:** This is a famous combination of synergistic herbs which acts as an aid to assist in relieving colds, flu etc. containing: Garlic Bulb, Rosehips, Parsley Leaf, Watercress Herb & Rosemary Leaf.

**Echinacea** available in capsules or extract. **Also available as Kid-e-Mune liquid in a great tasting kid formula.** Best known for its immune enhancing ability. May help with colds, coughs, flu and other upper respiratory conditions; enlarged lymph glands; sore throat; Urinary tract infections; wounds and skin regeneration; and skin infections (externally). Stimulates the immune system and promotes T-cell activation while increasing the activity of the immune system. It helps white blood cells attack germs and these effects may decrease if taken for more than a few weeks. It is most effective when used aggressively – a dose on an empty stomach every few hours along with vitamin C. Do not use for more than 1 to 2 weeks as it can lose its effectiveness. After 1 week off – you may resume. Some people continue this through the entire cold and flu season.

**Immune System Formula:** Designed to stimulate and strengthen the immune system to help increase the body’s ability to prevent the spread of bacteria and viruses. Contains: Astragalus root, Eleuthero root, Echinacea Purpurea root, Echinacea Purpurea herb, Reishi Mushroom.


**Lower Bowel Formula.** Constipation can inhibit the body from getting better during the cold and flu season. This formula comes in capsules, liquid and a great tasting kid formula.

**Super Garlic Immune Formula:** AKA The Anti-Plague extract. Helps promote overall healthy immune system function. Traditionally used for bacterial infection, common cold, flu, immune system function, influenza, pneumonia, sore throat, tuberculosis, typhoid, upper respiratory infection, yellow fever. Take several times a day at the onset of illness. Contains: Garlic, Mullein Lear, Wormwood herb, Lobelia herb, Marshmallow root, White Oak bark, Black Walnut leaf, Skull Cap herb, Gravel root, Plantain leaf, and Aloe Vera gel in pure vegetable glycerine, pure apple cider & raw honey.

**Other Beneficial Remedies**

**Colloidal Silver:** Traditionally used as a “cure-all” for many ailments. Historically used as a powerful, natural antibiotic and preventative against infections. Acting as a catalyst, it reportedly disables the enzyme that one-celled bacteria, viruses and fungi need for their oxygen metabolism. These suffocate without harm to the body. It was commonly used until 1938. People used to put silver coins in milk and water to prevent bacterial growth. Take a dose and then 45 minutes take another dose; repeat several time daily.

**Kyolic:** Reported one of the most effective forms of garlic on the market (short of eating fresh garlic). Kyolic begins with organically grown garlic bulbs well balanced in nutrients. The garlic cloves undergo a unique aging process to mellow harsh and odoriferous crud compounds into stable and beneficial aged garlic extract.
Seigen a biofermentic super-nutrient. It is beyond a probiotic. Seigen empowers the immune system, prevents and neutralizes the production of toxins, provides advanced levels of protection, improves mental function, and improves the quality of life. It is recognized in Japan and in North America as the only truly “Super-Nutrient” in the world today. It is a wonderful tool to restore a healthy pH to the intestinal tract.

Metal Spagyric Spray: A spagyric is the best of an herbal, essential oil, and homeopathic in a form that is very absorbable by the body. The Metal was design to support the Lung and Large Intestine meridians. It is an immune system stimulator and may give support to the body with immune stress, sore throat, bronchial congestion/infections, intestinal complaints, yeast infections, wet & dry coughs, skin problems, and sinus congestion. It contains: Elderberry, Onion, Garlic, Echinacea Angust., Echinacea purp., Echinacea pall., Goldenseal, and Propolis.

And then of course there are homeopathic remedies galore from many companies. We also proudly feature Dessert Biologicals, Nova Homeopathics, and others.