

This Week's Topic

Flu Shot Alternatives



"As responsible health care practitioners, it is really our responsibility to make "flu shot alternatives" available for our patients!"

Do you have a planned, effective strategy that can help your patients prevent colds and flues? Every year when the season approaches, your patients want to hear you say "It's that time of year again, here's what you do." If they don't hear it from you, your patients are more or less left wide open.

Someone at work, a family member or an advertisement will advise them "It's flu season, you need a flu shot." Let's face it, vaccinations are big business. If a company spends hundreds of millions of dollars developing a product and bringing it to market, we can be assured they will devote a large chunk of their budget to sell it.

As responsible health care practitioners, it is really our responsibility to make "flu shot alternatives" available for our patients. Of course I am talking about beginning



the process of strengthening their immune system ahead of time, before they get exposed to bugs.

I am reminded of a story Dr. John Cannell told at the IAACN a few years ago. Dr. Cannell is a physician at a psychiatric unit in California. Knowing the research on vitamin D and how it facilitates a healthy immune system, he placed a group of his patients on optimal levels of vitamin D. That year the flu was unusually virulent and just about everyone in the hospital got sick... nurses,

support staff and patients in other areas of the hospital. Everyone, that is, except his group of vitamin D sufficient patients. His patients were not affected by the flu except for minor sniffles.

It was an amazing demonstration of prevention. However, he is quick to add that vitamin D is not the cure for the flu. Dr. Cannell recommends everyone get tested for vitamin D and shoot for the 50-70 ng/ml range to optimize health and assure that sufficient levels are available

to foster healthy genetic expression.

Of the 20,000 genes identified, researchers say we need vitamin D for approximately 3,000 of them to function efficiently. As a side note, sometimes vitamin D levels seem to be resistive getting into optimal ranges. In every case, whenever I've recommended Bio-D-Mulsion Forte to a doctor or patient, they have been successful in bringing vitamin D to optimal status.

Vitamin D isn't the only nutrient star. It may be the super star in recent years, but remember, the white blood cells need folic acid, B12, and zinc to name a few to do battle effectively. The zinc "taste test" to assess for zinc is a test that can be done by your staff on every patient for pennies. Zinc is needed for well over 100 enzymes reactions. We need zinc to make hydrochloric acid and important enzymes like carbonic anhydrase and the metal transporting enzyme metallothionein.

Let me re-emphasize. Having these enzymatic reactions working properly can have far reaching effects ranging from pain reduction to reducing depression. A study published in "Agents and Actions," indicated that high doses of zinc would help to control the release of histamine from basophil and mast cells.

Zinc may be a key factor with your allergy sensitive patients as well. Helping your patients attain sufficient zinc levels in the fall could make the difference in how they feel when spring allergy season arrives. So that little zinc taste test goes far beyond preventing or reducing flu symptoms.

In talking to clinicians, some of you were discouraged with the zinc taste test as you didn't see appropriate changes. According to the

original research on zinc sulfate, make sure you keep your patients on 6 or more teaspoons a day of the liquid form until they can taste it, then begin to use the tablet form as Zn-Zyme or Zn-Zyme Forte.

In addition to vitamin D and zinc, I recommend putting patients on an immune repleting multiple like Bio-Immunozyne Forte. Either change their multiple altogether or just add 2 tablets, one twice a day, to support the trace nutrients that the body needs to keep the immune system in balance. We don't want to over stimulate it.

Bio-Immunozyne Forte contains many of the nutrients needed to protect against the "cytokine storm" effect which caused such devastation during pandemic flues like the one in 1910. Below is a summary with a 3 tiered approach to colds and flues.

Of course, spinal adjustments, reducing sugar intake, stress management, vitamin C or probiotics may be included in your approach; but have a planned seasonal routine for all your patients as prevention during cold and flu season. Be direct with your patients, our medical colleagues aren't shy about ordering tests or directing their patients to take serious drugs with powerful side effects. Shouldn't we be equally bold when we have more to offer at a fraction of the cost?

By administering a plan for your patients, you are not only building their immune system, promoting healthy levels of zinc and vitamin D, ultimately you are building cellular reserves that have benefits even beyond cold and flu season.

Thanks for reading this week's edition. I'll see you next again next Tuesday.