

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

“Swine Flu” Outbreak: A 3 Tier Approach

When we hear the word “pandemic” in the news ears perk up, eyebrows raise, and pulses race. This special edition of the Tuesday Minute addresses the swine flu, a strain identified as one of the H1N1 family of influenza viruses. Perhaps the news media is over reacting, feeding on people’s fears from movies like “outbreak.” It’s difficult to know when to be alarmed or a bit cynical. But let’s not be naïve, as biologists work with serious strains of infection, mistakes happen.

Just last month Baxter Pharmaceuticals was caught mixing the live H5N1 avian flu virus with H3N2 seasonal flu viruses. They carelessly contaminated flu virus material from a manufacturing site in Austria and distributed it to 18 countries. Although it was not widely publicized, shipping and inoculating LIVE "bird flu" viruses could have caused a MAJOR problem worldwide! In my mind, vaccines are not the answer.

The H1N1 Virus or swine flu is believed to be a new multi-strain swine flu. It has elements of DNA from the avian flu, human flu type A, human flu type B, Asian swine flu, and European swine flu. Is it a pandemic? You might think so if you listen to the buzz on television. I do know that it will sell a lot of drugs and immunizations.

And as we know, those drugs and immunizations will cause a lot of adverse side effects. There is no way that effective immunizations can be available this soon when we barely understand the organisms. Here’s what the CDC says about the benefit of Antiviral Drugs; “If you get sick, antiviral drugs can make your illness milder and make you feel better

faster. They may also prevent serious influenza complications.”

Do antiviral drugs work? Maybe. Are they safe? Maybe. Have they caused serious side effects? Absolutely. As for me, I would rather trust the body’s innate ability to fight infection. (Strengthen the host.)

Let’s consider one of the fears circulating about the “swine flu” outbreak. We hear that some of the people being affected are young people. The assumption is “that the young people are healthy.” Mexico City is not a healthy place. I read one report that stated the sky is seldom blue due to the air pollution. Toxins weaken the immune system’s ability to function smoothly.

In this country we know statistically that the average person consumes 150 pounds of sugar per year. Clinical experience has shown me that the younger generation often consume even more. Sugar weakens the immune system.

The point is we can’t make assumptions about the virility of the flu based on the fact that young people are getting it. Many of our youth are the sickest of our population. So what things should we tell our patients to do to protect themselves and build stronger immunity?

I have provided a print out with suggestions on the link on the web page. When developing any protocol, nature has provided us with so many options it is challenging to discern what are the key components that can be utilized? In an effort to make sure I haven’t “over” or “under” utilized immune support

products, I consulted Dr. Abbas Qutab. He has extensive medical, chiropractic, ayurvedic, and naturopathic training with a worldwide patient base.

I'm sure everyone has their favorites but Dr. Qutab and I have endeavored to recommend the products and protocols which yield consistent results and have worked for us. The print out is divided into 3 categories. The first category covers basic food and lifestyle preventatives like increasing water and reducing sugar.

A study involving sugar intake showed that immune cells in a NO sugar group destroyed 14x's more bacterium than those in a HIGH sugar group. Also other factors like getting sufficient rest, reducing stress, encouraging movement to keep the fluids moving (I like saying movement instead of the E word), increasing fruits and vegetables to 10 servings a day, and increasing consumption of garlic, ginger, and green tea.

The second category targets prevention as well but outlines Nutraceuticals and ways to build healthy immune reserves. We do that by increasing vitamin D to optimal blood levels. Optimal blood levels are 50-70 ng/ml. If blood levels are unknown, supplement 50,000 IUs daily for one week and reduce to 6,000 IUs daily, until sunbathing is available.

Bio-D-Mulsion Forte® is still the most cost effective, bio-available form of vitamin D on the market. Each drop contains 2,000 IUs. Many articles are circulating on the internet claiming vitamin D will prevent flu. Vitamin D may not prevent the flu but will help reduce what many researchers are calling the "cytokine storm", which is part of the pneumonia cycle that has been shown to cause deaths during the 1918 influenza pandemic.

Also, increase vitamin C in a mixed ascorbate form that locks in its antioxidant capacity. Use 3000 to 6000 mg daily.

Use foundational vitamin mineral support like Bio-Immunozyne Forte® to provide "the basics" the immune system requires to function efficiently. Simple things like zinc, selenium, and magnesium make a huge difference when a patient is deficient. Bio-Immunozyne Forte™ provides a broad spectrum of nutrients that are necessary to fine tune the immune system rather than over stimulate it.

UltraVir-X™ is an herbal formula developed specifically to orchestrate the immune system against "viral-like" infections. It is designed to enhance but not over stimulate the system.

In addition, the need to alkalize the body and provide raw materials for nitric oxide is essential for optimal health. NitroGreens™ can help. NitroGreens™ provides organic, heirloom seeds, either sprouted or juiced, to supply minerals and food factors necessary to make nitric oxide. Nitric oxide among many other positive benefits has anti-viral properties.

The third category on the print out proposes what "I would do" if I or someone in my family was diagnosed with any type of flu or flu-like symptoms. The list is extensive because we are not only addressing flu symptoms, but other unknown factors as well, including fear. The strategy is to bring both psychological comfort and a physiological edge to your immune enhancing arsenal.

Again, I want to recognize Dr. Abbas Qutab and thank him for his professional council in putting together this handout. I think you will find it beneficial as your patients come to you with concerns and questions.

Thanks for taking the time to read this week's edition of the Tuesday Minute. I'll see you next Tuesday.