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Swine Flu: Disease and Prevention

Viruses are the cause of hundreds of millions of miserable illnesses and many deaths each year. Individuals are probably sickened by viruses, often seriously, at least once each year. Yet doctors have no answers, no tools, and no therapies to fight the viruses. Neither does the powerful medical organizations, including the Centers for Disease Control, CDC, and the World Health Organization, WHO. There are almost no effective drugs to fight viruses, and there is no medical protection from viruses--except for the ineffective and dangerous flu vaccine for only one strain of virus.

This year people are being sickened by the H1N1 (swine) flu. Hopefully the old swine flu vaccine from the "epidemic" of 1976 will not be dusted off and forced onto the public. That vaccine caused dozens of deaths, hundreds of cases of Guillain Barre Syndrome (which permanently cripples its victims), and generated more than 1 billion in malpractice claims-mostly from victims who became paralyzed.

And then there was the bird flu of 2006-2008. The fear-mongering media told the country nightly that a pandemic was at hand, and that 14 million people would die. Remember that one? And there have been and will be other alarms. Simply understand that when something like this happens, someone or some corporations are going to make a lot of money.

Beware of the vaccine

Tamiflu vaccine is being rolled out now even though it is ineffective against the current H1N1 strain. This drug has caused thousands of reported side effects, and was eventually banned for children in Japan. Relenza is another ant-influenza drug being dusted off. It has similar problems, and all drugs for viruses become quickly ineffective because viruses are amazingly capable of mutating.

Strengthen Your Immune System

In the end it is only your immune system that can protect you from viruses when they attack. The best preventive thing you can do during cold and flu season is to use phytonutrient nutrition to bolster and maintain an immune system at top strength. To keep vitamin D levels up (critical for fighting viruses) I recommend a daily teaspoon of Cod Liver Oil (CLO), or capsules. It is critical to get the highest quality of CLO. (Not rancid or processed in a way where the phytonutrients are not available anymore) There is no substitute product for this oil. In addition, I recommend the following products from Standard Process to keep your immune system strong: Immuplex (3-6 daily) and Congaplex (3-4 daily). Kids can take the same dose of CLO and Immuplex and Congaplex. Toddlers should take Catalyn (4 chewable daily).

If you have a confirmed case of swine flu, take Immuplex (3 daily), Arginex (5x3 daily), Cyruta Plus (6x3 daily), Cataplex E (5x3) and a daily tablespoon of CLO or 4 capsules. Remember to see your doctor while on this therapy. During the 1918 influenza epidemic, people died of secondary strep infections. If your doctor identifies a secondary bacterial infection, there are antibiotics for that.

Just because medicine has no real answers for the viruses does not mean you are helpless. Use my protocol to help protect yourself and your loved ones. At best, you can prevent or treat yourself for nasty and powerful flu viruses. And even without a swine flu "pandemic" you can just have a much healthier cold and flu season year after year.