



The Spring
center for natural medicine

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Dear Friends,

For those of you who do not read the Archives of Internal Medicine or the papers from the National Institute of Health and the Centers for Disease Control, here is some startling news. After more than three decades of collecting data, the sad fact is that flu shots to the elderly have not saved one life! That should confuse and startle most seniors. After years of flu shortages, flu panic, and the general feeling among seniors (instilled by their doctors and the press) that "you can die if you are not getting a flu shot"- we now know the sad fact. More than 30 years of flu shots have not only failed to save lives, they have not saved ANY lives- this according to research and the NIH and CDC.

Besides their non-existent life-saving benefits, you have to consider the additional depressing data about flu shots. They often cause flu, they impart a pathetic 50% protection (about the same odds as with no shots), they are dangerous and carry serious side effects that can be permanently crippling, they contain mercury which has been shown to increase the odds of getting Alzheimer's TEN FOLD. Despite the dangerous mercury, the shots are prescribed in DOUBLE DOSE for infants. So given all this, what do all the "experts" say now that the cat is out of the bag?

The experts say that "vaccination should be centered in schoolchildren". And "these results don't contribute to changing vaccination Policy". And "the best way to help the elderly is to vaccinate them". " We have to vaccinate 70% of the schoolchildren". And "for senior citizens the risk of dying from the flu is VERY low- about one in 1,000. But seniors should try to get flu shots, but should not panic if the vaccine isn't available".

Talk about being stuck in dogma that is hopelessly outdated: Now we know the flu isn't really dangerous for seniors, the shots don't save lives but you should get one to save your life. Here is my favorite, let's poke the kids a couple more times with another mercury laden shot. As if they are not already shot up enough with more than 20 doses of vaccines before the age of two!! My advice remains the same as has been throughout the flu shot debacle. Save your money, save your brain, save your health, and save your kids health-say NO to the flu vaccine.

Please read the article below on how to prevent the flu and call or email me for an evaluation or for supplements to keep your immune system working and for your good health!

Warm wishes,

Elke

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P.S.

Give the gift of health this holiday season! I have certificates available for gift giving. Just give me a call or email me to order.

HOW TO AVOID THE FLU

If you are smart, you have finally decided that the insult to your mind and body is not worth the lack of benefit from the flu shots. But just what should you do to avoid the flu?

Simply you must eat a healthy diet with lots of protein. If you are low on protein, you may not be able to fight the flu or more serious problems like cancer. You need to go easy on, or avoid completely, carbohydrates such as wheat/gluten and processed foods. You also need to supply your body and immune system with the raw materials it needs to fight infections. Congaplex from Standard Process or Nucleotides from PRL are premier products to keep healthy during flu season. Take as preventative or at first onset of cold or flu. This will almost always knock the infection out, or at least lessen the severity.

Also, the facts regarding flu shots and pneumonia are the same. Flu shots **DO NOT LOWER THE RISK OF PNEUMONIA**. A better way to avoid pneumonia and bronchitis is to use immune boosting phytonutrients to keep healthy, like Immuplex and Cod Liver Oil.