

Abstract

Image Awareness Wellness Institute Healthletter

H1N1 Swine Flu

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The H1N1 virus or Spanish flu killed tens of millions of people in 1918-1919. Initially the virus appeared harmless in the spring of 1918, but turned lethal when a second wave swept the world in the fall of 1918. People would die within hours of contracting the virus. Mass immunizations are proposed to provide protection from the reappearance of this virus in 2009. Neurologists have been warned that a disabling neurological condition called Guillain-Barre syndrome which causes nerve degeneration, paralysis, and often death from inability to breathe may be associated with the flu vaccine.

The role of nutrition in resistance is often ignored. The huge number of deaths in 1918 may have been associated with the malnutrition associated with World War I. A number of nutrients offer considerable promise as natural antiviral compounds. The late Robert Cathcart believed that death from the flu often followed rapid and total depletion of vitamin C. He believed that the only antioxidant which could be taken in adequate quantities to counteract the massive free radical generation initiated by an infection with a serious flu virus was vitamin C.

In addition, vitamin C triggers the production of interferon. This compound is released by infected cells in proportion to vitamin C status and inhibits viral spread. A study conducted at Stanford found that supplementing tissue cultures with the amount of vitamin C equivalent to an oral dose of 6-10 grams a day reduced the number of cold viruses produced forty times (1/40).

Vitamin D appears to be a cornerstone of resistance to “seasonal” infections like the cold and flu. We now know that the “sunshine vitamin” triggers the release of a powerful natural antimicrobial called cathelicidin in a dose dependent manner. Vitamin D blood levels in most people are abysmal in the wintertime. An optimal blood level of vitamin D is probably 50-65 ng/dl.

The next newsletter will discuss other natural antimicrobial substances. I think a good program to bolster immunity and reduce risk of illness in the winter months would be the following:

Sports 30

Cod Liver Oil (2-4)

Super C (2 three times a day)

If a serious infection is contracted it would not be a bad idea to consider additional supplementation with high dose powdered vitamin C, vitamin D, and/or additional iodine. The rationale for this is explained in this and the following newsletter.

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