

# Women's Nutrition Matters Monthly

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SPECIAL FLU EDITION

OCTOBER, 2009

Welcome to this special edition of my wellness newsletter, featuring timely information and support for, that's right, FLU SEASON!! Confused about the flu vaccine? Curious about H1N1 safety? Read on for more timely information and good for you news!

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## SECTION 1 –FLU SEASON IS UPON US...OINK, OINK...

The weather is cool; the leaves are falling in brilliant swirls of color. There is a beauty all around us that beckons to be noticed. And then there is the threat of not only the regular flu season, but a new dreaded "swine" flu, or H1N1 virus (so named so as not to offend the pork producers or discourage folks from buying pork chops...). For people who have asthma or other COPD, the flu vaccine is probably a yearly occurrence-where there is already a weakness in the lungs, the flu can be disastrous. The flu vaccine is also recommended for the elderly and for those who are pregnant—this population has a more compromised immune system. That said, many people who get the yearly vaccine still end up with the flu. What's more, there is much to be done to prevent the flu, much of it common sense and some other things that I will tell you about later in this letter. And as usual, I plan on avoiding all the vaccines this year!

I'd like to talk briefly about the swine flu. From what I have been reading, there is no evidence that this strain will turn into the pandemic that the drug companies and vaccine manufacturers are banking on. Just as in 1976 when the swine flu was supposed to be of pandemic proportions, thousands of people were scared into vaccination, hundreds were left paralyzed with Guillain-Barre` syndrome and 25 people died. *From the vaccine.* There were \$1.3 billion in lawsuits from people who suffered paralysis as a direct result of the vaccine! I fear that this year's swine flu will be something of the same. The vaccine has been pushed through FDA approval without the adequate safety data gathered. The adjuvants used as preservatives and extenders are not proven to be safe, and frankly, I just don't feel comfortable about it at all.

The H1N1 virus is a fairly weak virus that rarely results in death. The seasonal flu is considered more dangerous in that arena. However those that are at higher risk are pregnant women and those younger than age 49. For more reading on the subject, check out the [www.mercola.com](http://www.mercola.com) site and search for swine flu, and also [www.naturalnews.com](http://www.naturalnews.com). If you want to find the virus counts in this country by area, check out Google maps' [Swine Flu Tracker](#).

## SECTION 2 –FLU PREVENTION-WHAT REALLY WORKS!

So here we go—what can you do to ward off this year’s plethora of viruses? Starting with the obvious and working toward the more obscure, I list these items in bullet-point fashion for your easy reading. Print this out and hang it on your fridge and check off the ones that you and your family have adopted!

- ✓ **Wash your hands!** Germs can live for hours and in some cases WEEKS. Regular soap and warm water does the job best, and plain water rinsing is the next best thing.
- ✓ **Sneeze/cough into your arm** or a tissue if you have one handy. Prevents contamination with everything else you touch.
- ✓ **Don’t touch your face!** Viruses enter through the nose, eyes and mouth.
- ✓ **Drink lots of fluids.** Keep those kidneys flushing out the system.
- ✓ **Don’t smoke.** Need I say more?
- ✓ **Get outside.** Exercise in the fresh air. It creates more oxygen transfer and pumps more blood. Healthy, healthy, healthy!
- ✓ **Take saunas or detoxifying baths 2-3 times a week.** Sweating increases the body’s natural virus-killing cells.
- ✓ **Find some daily down time.** Relaxation activates the immune system, stress wears it out. Yoga, meditation, and breathwork all increase interleukins!
- ✓ **Run a vaporizer.** Indoor air is too dry, leaving our nasal passages and mucus membranes too dry to do the job of keeping out invaders. Run one at work and in the home, but remember to clean it often!
- ✓ **Eat more plants.** You’ve heard this from me before, right? Eat those phytonutrients!
- ✓ **Eat more fruits.** Especially berries, and also add green tea. Tons of antioxidants, and these prevent viruses from latching on to the cells.
- ✓ **Feed your gut.** Most of the immune system lies in the gut. Take a good brand of probiotics, such as [Dr. Ohira’s](#) or [Culturelle](#), or [Kyodophilus](#) or [Primadophilus](#).
- ✓ **Take astragalus.** This Chinese adaptogen is safe to take every day, and has many wonderful immune-supporting and anti-viral properties.
- ✓ **Take vitamin D3.** This is so important! Please take at least 2000 units daily, and 4000 is even better. This is what I take. And I add another 5000 a day if I feel a cold coming on...
- ✓ **Add more vitamin C.** Choose a powdered form sold in packets- I like Alacer’s [Emergen-C](#) which gives you a full gram of C in each packet. Take it twice a day all season long.

## SECTION 3 ---FLU TREATMENT—HOW TO FEEL BETTER FASTER

So with all your best efforts, you come home from work and feel a bit achy, and you’re more tired than usual. Now it’s time to do what you can to support your body in its attempt to minimize the viral assault. Here’s what to do now...

- ✓ **Elderberry syrup.** At the first sign of illness, take this syrup. Wonderful anti-viral syrup safe for kids and adults. I like [Sambucol](#)—it tastes, good, too!
- ✓ **Eat extra garlic.** Dr. Andrew Weil, MD suggests swallowing a clove or 2 of crushed raw garlic at the first sign of a cold or flu. The allicin, released by the crushing, is a potent anti-microbial. Mix the garlic in a spoon of honey and swallow it down without

- chewing, to avoid the dreaded garlic breath.
- ✓ **Steam eucalyptus and sage.** Use these herbs to open up chest congestion and clogged sinuses. The aromatic oils halt bacterial growth and minimize the chance of a secondary infection. Use the steam inhalation twice daily.
  - ✓ **Take Echinacea.** A common antiviral remedy, buy a reputable brand and take according to label directions. I like the tincture form from [Herbalist & Alchemist](#).
  - ✓ **Use an herbal throat spray** if you have a scratchy throat. The [Herbal Re-leaf](#) throat spray also from H&A is terrific. I use it all the time.
  - ✓ **Get enough rest.** Go to bed early, and stay there. Sleep gives your body time to fight off offenders without worrying about digestion or anything else.
  - ✓ **Soak in the tub.** Nothing like a hot bath with a couple cups of Epsom salts to drive out a flu virus. The heat helps rid the virus, and the salts will relax you and help to detoxify your body through your pores. 20 minutes each night, as hot as you can stand it!
  - ✓ **Up the vitamin C.** Now is when you take your Emergen-C 4 times a day, and your Sambucol as directed on the label.
  - ✓ **Sip tea.** I love tea, so I don't need a reason to sip, but choose a hot peppermint or other aromatic herbal tea to help loosen congestion and warm up the chest. For a double whammy, have your hot tea in your hot bath!!! Sweat!

## LAST BUT NOT LEAST...

I hope we all avoid getting the flu this season. It's not fun, and we'd all be better off spending our time doing something more productive than being sick in bed!. If you implement the plan I have outlined here, you should do well this year. I think your chances will be far better than by choosing the vaccine and ignoring the suggestions above!

Please pass this newsletter along to all who might benefit from it. And don't hesitate to contact me with questions and comments. I look forward to hearing from you!

Our fall group will be starting up again soon. Tuesday nights here in my home, in the Clinton area if you are interested. We will be talking about all sorts of health topics and I look forward to sharing my knowledge with all of you! Contact me at [herbalmgem@gmail.com](mailto:herbalmgem@gmail.com) using "group" in the subject line.

If you would like to schedule a one-on-one appointment with me, I do have some time slots available. You can email me or call me at 908-377-0773.

Please take time to visit my website. It's [www.womensnutritionmatters.com](http://www.womensnutritionmatters.com) and it lists a bunch of things I am involved with, as well as a blog and product information. Enjoy!!

Diane

*Blessings to you during this beautiful time of year! Be well!*