

Tips on staying healthy this season

~ More specifically, Prevent Swine Flu ~

"Why do some feel nothing, others get sick, even die from Swine Flu?

It's not the seed, it's the soil. Make your body the 'soil' where seeds of disease find it difficult to grow."

- H1N1, like other Influenza A viruses, only infects the upper respiratory tract and proliferates only there. The only portals of entry are the nostrils and mouth/ throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions.
- Contact with H1N1 is not so much of a problem as proliferation (rapid development of cells) is.
- What most [N95 respirators](#) (face masks) are designed to filter is about 95% particulates of 0.3, while the size of H1N1 virus is about 0.1. Hence, dependence on N95 to protect against H1N1 is like protecting against rain with an umbrella made of mosquito net.
- [Tamiflu](#) drug does not kill the virus, but it prevents H1N1 from further proliferation till the virus limits itself in about 1-2 weeks during the virus' natural cycle.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps not fully highlighted in most official communications – can be practiced:

- Frequent hand-washing.
- "Hands-off-the-face" approach except to eat, bathe, etc.
- Gargle twice a day with warm salt water (use Listerine if you don't trust salt or a solution of 10 parts water to 1 part Hydrogen Peroxide works well also). H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected person. Don't underestimate this simple, inexpensive and powerful preventative method.
- Clean your nostrils and ear cavities at least once every day with warm salt water, swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
- Boost your natural immunity with foods that are rich in Vitamin C (see table below), or Vitamin C tablets that contain Zinc to boost absorption.

<ul style="list-style-type: none">• rose hip extracts 1000 mg (per 100g portion)• black currants 200 mg• guava up to 200 mg• strawberry 80 mg• lemon 60 mg• orange 50+ mg• kiwi 50+ mg• clementine 40+ mg• grapefruit 36+ mg• raspberry 30+ mg• nectarines 30+ mg• peaches 30 mg• mangoes 30 mg	<ul style="list-style-type: none">• peppers 70+ mg• spring greens 70+ mg• brussels sprouts 60+ mg• broccoli 40 mg• curly kale 70+ mg• cauliflower 27 mg• tomato 20+ mg• green cabbage 20+ <p>*in vegetables vitamin c is fragile and can be destroyed by cooking.</p>
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- Drink as much of *warm* liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive. My favorite is warm water with lemon and honey, or an herbal tea.
- Everything that goes into the body as food or drink gives health or sickness, pleasure or pain, knowledge or sluggish brain action. Therefore it is important to feed the body proper foods.

- Abstain from excessive Tobacco use, alcohol, coffee, or other foods that do harm to your body.
- Use whole and clean grains, nuts, seeds, fruits, vegetables, and herbs in their season.
- Use meat sparingly-only in times of winter and famine.
- Get to bed early and rise early.
- Avoid sugar. 1 tsp of sugar consumed will cut your immune system function in half for 5 hours making it very easy for intruders to take hold and do some damage.
- Get 20 minutes of sunshine exposure to your skin every day. It is most effective between 12 and 2:00. This will help you build up your vitamin D levels, and that means your immune system as well. If you can't get this in, take a cod liver oil supplement.
- Exercise regularly
- Don't let stress become overwhelming.

So what if you get sick? There is so much conflicting information out there on this, so you have to educate yourself and use your best judgment. If you are an immune compromised person and tend to get everything really bad, you may want to take a trip to your doctor. If you feel you are coming down with something that is the best time to fight it-even if it is a virus. It doesn't have to "run it's course". Some tricks I have learned to ward off sickness once it starts are:

- Drink plenty of fluids, especially as noted above with the warm fluids. This will help your body flush out the intruders.
- Get lots of rest.
- Avoid sugar!
- If running a fever, your body needs calcium. Your immune system needs Vitamin C, Vitamin D, and Calcium to kill off intruders efficiently. If you don't have enough usable calcium available, your body has to work real hard to get it from your bones. This is what causes the fever. I have never not been able to get rid of a fever with this trick! You will need any calcium labeled as calcium citrate or calcium lactate. Do not use calcium carbonate, as it is just as hard for your body to use as getting it from your bones. If you don't have any on hand, take some washed egg shells and soak them in fresh lemon juice for about 30 minutes and take out the egg shells. This is now calcium citrate plus vitamin C you can drink. Also try calcium rich foods. Beware of the milk products though, as they will cause more mucus and you are trying to get *rid* of that. If you take a whole chicken and boil it for 24 hours, then de-bone and make soup adding onions, celery, carrots, and potatoes, or just use the chicken broth, the calcium from the bones will enrich the broth and make this an ideal food for sickness.

Calcium rich foods	
•	hard cheese 300-800 mg per 100g
•	tofu 500 mg+ per 100g
•	milk 300 mg per 8 oz
•	Almonds 245 mg per 100 g (3/4 c)
•	Kale 449 mg
•	Bok Choy 787 mg
•	spinach 150 mg per 1 c.
•	yogurt 150 mg
•	bread up to 150 mg
•	broccoli 70 mg per 1
•	orange 60 mg
•	navy beans 140 mg per 1 c.

- Take Echinacea. This is a powerful tool that helps super charge your immune system by helping it to use your vitamin C stores faster. Be sure you are taking vitamin C with this though, or it can deplete your vitamin C in your body if taken too long. Someone did say that Echinacea speeds up the proliferation of H1N1 cells though, so keep that in mind and be prayerful about when to use it. Astragalus is also a powerful immune building tool.
- Stay home until you have not been running a fever for 24 hours without the use of NSAIDs.
- Cough and sneeze in your elbow or a tissue.

- Wash hands often.
- Take 1 tsp/Tbsp for adults of apple cider vinegar. This acidifies the body so bacteria can't survive.
- Include anti *bacterial* spices in your meals. These will not kill off virus causing sicknesses, but will strengthen your immune system and fight off the bacterial sickness. Note that as of August statistics on the H1N1 childhood deaths, ALL of them had a co-occurring bacterial infection. The flu itself doesn't appear to be as life threatening.
 - garlic, onion, allspice, oregano offer 100% effectiveness
 - thyme, cinnamon, tarragon, cumin, cloves, lemongrass, bay leaf, capsicums, rosemary, marjoram, and mustard offer 75-90% effectiveness
 - caraway, mint, sage, fennel, coriander, dill, nutmeg, basil, and parsley offer 50-75% effectiveness
 - cardamon, pepper, ginger, anise seed, celery seed, lemon or lime juice offer 25-50% effectiveness
- Learn about homeopathy. These are the best tools I know of to steer away viral infections. If you are first coming down with fever, chills, sore throat, body aches, grab some [Oscillococcinum](#). You can get it at most grocery stores or health food stores. Better yet, just make sure you have some on hand just in case it hits because you don't have to take it more than a day if you catch it right off. This remedy is the best thing I have tried for flu and it is super easy to get down kids because it tastes like sugar.
- Another cheaper option that usually works is Aconite Nap., a homeopathic remedy that you can get for around \$6, but will last a lot longer because you only use 5 pellets at a time.
- You can sanitize your clothes in the wash with bleach or Hydrogen Peroxide (safe on colors).

Another addition to this is onions. Read this little tidbit I got in my email today:

>> If you are sick, consider this:

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>> In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu. Many of the farmers and their family had contracted it and many died.

>> The doctor came upon this one farmer and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions and place it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore, keeping the family healthy.

>> Now, I heard this story from my hairdresser in AZ. She said that several years ago many of her employees were coming down with the flu and so were many of her customers. The next year she placed several bowls with onions around in her shop. To her surprise, none of her staff got sick. It must work.. (And no, she is not in the onion business.)

>> The moral of the story is, buy some onions and place them in bowls around your home. If you work at a desk, place one or two in your office or under your desk or even on top somewhere. Try it and see what happens. We did it last year and we never got the flu. If this helps you and your loved ones from getting sick, all the better. If you do get the flu, it just might be a mild case..

>> Whatever, what have you to lose? Just a few bucks on onions!!!!!!!!!!!!

>> Another thing I read in the article was that onions and garlic placed around the room saved many from the black plague years ago. They have powerful antibacterial, antiseptic properties.

Know the Difference Between Cold and H1N1 Flu Symptoms and Seasonal Flu

*Courtesy American Red Cross and CDC

Symptom	Cold	H1N1 Flu	Seasonal Flu
Fever	Fever is rare	Fever is usually present in up to 80% of cases. A temperature of 100* F or higher for 3 to 4 days is associated with the flu	Usually accompanied with a high fever
Coughing	A hacking, productive (mucus-producing) cough is often present	A non-productive (non-mucus producing cough is usually present. (or dry cough)	A non-productive (non-mucus producing cough is usually present. (or dry cough)
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common	Severe aches and pains are common
Stuffy Nose	Commonly present and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.	Stuffy or runny nose common.
Chills	Uncommon	60% of people with flu experience chills	common
Tiredness	Mild	Moderate to severe	Moderate to severe
Sneezing	Commonly present	Not common	Not common
Sudden Symptoms	Cold symptoms tend to develop over a few days	The flu has a rapid onset within 3-6 hours. It hits hard and includes sudden symptoms like high fever, aches, and pains.	The flu has a rapid onset within 3-6 hours. It hits hard and includes sudden symptoms like high fever, aches, and pains.
Headache	Uncommon	Very common, present in 80% of flu cases	Common
Sore throat	Commonly present	Not common	Common
Chest Discomfort	Mild to moderate	Often severe	
Nausea, vomiting, diarrhea	Uncommon	Some is reported, but not common	Can occur, but more common in children