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Medical supervision is advised for serious health conditions, pregnant/lactating mothers and young children.



Swine Flu

By Dr. Lynn Toobey, PhD Sept. 2009

On June 11, 2009, the World Health Organization (WHO) raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of the novel influenza A (H1N1) virus, otherwise known as swine flu. This virus is cause for concern, but not panic, as the pandemic alert is a reflection of the spread, not the severity of illness caused by the virus. However, since the virus gained strength in a time that was not even considered "flu season", concern is once again raised, now that flu season is upon us in a pandemic state. There are shifts in the normally higher ratio of the elderly and very young affected by the virus, however the immune-compromised are still being hit the hardest. Each year 50 to 100 children die of seasonal flu. It is not clear whether the new virus is more dangerous than ordinary seasonal flu for kids, though some health officials suspect it is. Swine flu is causing more suffering in children and young adults than the normal flu (Normally, half or more of the children who die of the flu are 4 and under, however more than 80 percent of the kids who died with swine flu were 5 through 17.) At least 40 children have died, accounting for about one in 13 U.S. swine flu deaths, scientists with the CDC said Thursday, Sept. 3; two-thirds of those had high-risk health problems, whereas only a third of the children who died in a previous flu season had those conditions. CDC (Centers for Disease Control and Prevention) experts hypothesize that since it is a new virus that will spread the fastest with new exposure, and children/young adults aged 5-17 are in schools, it would explain the different ratios with this flu. Doctors speculate that older age groups have some protection, because the virus resembles a strain of flu that circulated before 1957, to which older people have been exposed, says Colin Lee, associate medical officer of health in Ontario's Simcoe-Muskoka region. That might explain why people aged 20-50 are actually harder hit than the elderly with this flu.

Influenza viruses are generally constantly mutating, but every once in awhile, the virus shifts its genetic structure so that our immune systems are challenged. (This usually happens when a flu virus found in animals - like the avian flu still circulating in Asia - swaps genes with other viruses in a process called re-assortment, and jumps to human beings.) A flu pandemic occurs when a new flu virus emerges for which humans have little or no immunity and then spreads easily from person to person around the world. Avian flu is severe but not easily spread. Swine flu is not severe but easily spread. In the 20th century we had two mild flu pandemics (1968 and 1957), and the severe "Spanish flu" pandemic of 1918, which was both deadly AND spread quickly, killing an estimated 40 to 50 million people worldwide.

What Can You Do To Strengthen the Immune System?

The H1N1 strain does not appear to be more virulent than a normal flu strain, but how do we build defenses for such a widespread virus?

Nutri-West's Total Virx: (*Olive leaf powder and extract, elderberry extract, astragalus, glycerol monolaurate, lysine, vitamin C, etc.*). **Olive leaf extract** and **elderberry extract** are strong immune support nutrients. Researchers report that a female, taking no HIV drugs, used an **elderberry** extract with **olive leaf** extract and experienced a viral load drop from 17,000 to 4,000, and also that a **placebo-controlled double-blind study demonstrated that elderberry extract led to a rapid recovery from influenza and inhibited replication of nine other strains of the flu virus.** A theory is that elderberry renders viruses nonfunctional by staining and coating them" (*Konlee, M. A new triple combination therapy. Posit Health News. 1998 Fall;(No 17):12-4.*) Other well-controlled trials also report that a **"complete cure was achieved within 2 to 3 days** in nearly 90% of the elderberry extract-treated group (*Zackay RZ et al. Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract (Sambucus nigra L.) during an outbreak of influenza B Panama. J Altern Complement Med. 1995 Winter;1(4):361-9.*) Other nutrients in Total Virx combine to make a powerful formula.

"Take 2 tablets of **Total Virx** and **Total Multimune** initially, then one per hour for the first day, and then lower the dose. Flu symptoms are usually better in six hours. If vomiting is present, add **L-Glutamine Plus**, 4 tablets initially and then one per hour; if bowel disturbance, add **Total Probiotics**, one capsule every four hours; Drink plenty of filtered water and rest." – Dr. Ben Markham (D.C.)

Nutri-West's China West Ilex Formula (CW #15) "is one of those items that have a permanent space allocated in my personal medicine cabinet. It is not something I would ever be without. I have not experienced the full manifestation of Influenza (or the common cold) in 15 years nor has my wife. At the first symptom, I take my temperature. If it is elevated I make the assumption that it is probably due to the influenza virus. My regimen consists of taking two tablets of CW #15 initially, followed by one tablet every waking hour. My experience has been that by the following morning, all symptoms are gone*. Also, I have been in telephone communication with a woman in Colorado whose husband was diagnosed by his ophthalmologist with the Herpes virus in his eyes. I recommended the same dosage schedule for him and the last report I received from her indicated that the herpes virus was gone after two weeks of therapy." (**The CW# 16 Lonicera formula is also a wonderful formula to use at first signs of flu. Again, symptoms can nearly be gone in 24 hours, and if symptoms persist on the second day, switch to Ilex #15; the strength of CW #16 is in early detection to avoid wind-heat invasion.*) - Dr. Ken Edwards (D.C., D.A.C.B.N).

Nutri-West's Sago-C 500 (*Includes 500 mg Sago palm vitamin C with bioflavonoids, propolis, and synergistic immune ingredients*) **OR C-1000 TR** (*1,000 mg vitamin C with bioflavonoids*):

In a controlled trial of over 700 students, **the vitamin C-treated test group** (showing flu/cold symptoms) given 1,000 mg every hour for the first six hours (and three X daily afterwards) vs. the control population (reporting symptoms) who were treated with pain relievers and decongestants **showed an 85% reduction in symptoms.** **Vitamin C** "administered before or after the appearance of cold and flu symptoms **relieved and prevented the symptoms** in the test population compared with the control group" (*Gorton HC. The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections. J Manipulative Physiol Ther. 1999 Oct;22(8):530-3.*)

Nutri-West's Total Flu-Cld #1 Nasal Spray (Homeopathic) (*includes: Gel 12x, Eup perf 12x, Ferr phos 12x, Byr 12x, Merc sub cor 12 x, Ars alb 12x, Ird 12x, Echin 3x, Bapt 3x and Phyt 3x*)

Homeopathic Remedies have been found to be useful in conditions of flu (*Jaber R. Respiratory and allergic diseases: from upper respiratory tract infections to asthma. Prim Care. 2002 Jun;29(2):231-61.*) Gelsemium and Byronia, for instance “are the two most frequently indicated homeopathic flu medicines used to treat the flu... and homeopathy carries the potential to make a dramatic difference in any flu epidemic without the risk of drug side effects” (*Randall Neustaedter OMD, Flu: Alternative treatments and prevention. North Atlantic Books, 2005*). **Eupatorium Perf** is a well-known homeopathic remedy for flu-like symptoms (*Jaric S, et al. An ethnobotanical study on the usage of wild medicinal herbs from Kopaonik Mountain (Central Serbia). J Ethnopharmacol. 2007 Apr 20;111(1):160-175.*) It is especially good for relief of headache, violent chills, and bone-pains. **Echinacea Purp** homeopathic has been found to “modulate peritoneal inflammatory reaction and have a cytoprotective action on leukocytes” (*Pedalino CM, Effect of Atropa belladonna and Echinacea angustifolia in homeopathic dilution on experimental peritonitis. Homeopathy. 2004 Oct;93(4):193-8.*) It is particularly helpful in controlling fever and lymphatic inflammation.

Swine flu facts (and answers to frequently asked questions):

- CDC estimates it has caused more than 1 million illnesses so far, though most were mild and not reported.
- Since mid-April to August 30, 2009, a total of 9,079 hospitalizations and 593 deaths associated with 2009 influenza A (H1N1) viruses have been reported to the CDC.
- On June 11, 2009, the World Health Organization (WHO) raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of the novel influenza A (H1N1) virus.
- The WHO designation of a pandemic alert Phase 6 reflects the fact that there are now ongoing community level outbreaks in multiple parts of world.
- WHO's decision to raise the pandemic alert level to Phase 6 is a reflection of the spread of the virus, not the severity of illness caused by the virus.
- More than 70 countries are now reporting cases of human infection with novel H1N1 flu.
- Between 30 & 40,000 people die of regular flu/complications from flu every year.
- 97% of all subtyped influenza A viruses being reported to CDC were 2009 influenza A (H1N1) viruses.
- Masks will prevent someone from spewing virus, but will NOT protect anyone from getting the virus.
- It did originate from swine, but you can't get it from eating pork. Most viruses jumped to humans from other animals. What concerned the CDC is that this is a flu in swine that is particularly infectious in humans.
- The New England Journal of Medicine reports that “Misguided culling of pigs has been carried out in one country, but the virus is not epidemic in pigs; people spread the virus” (Belshe, R.B. NEJM, May 22, 2009).

- Present vaccines don't work against this strain. They change three yearly. Flu strains develop resistance to vaccines quickly, not to mention side effects. A swine flu vaccine is in progress.
- The CDC reports that the H1N1 virus remains susceptible to antiviral drugs (oseltamivir and zanamivir), however some resistance is being reported.
- As resistance is reported, interest in the H1N1 vaccine builds and fear of the virus builds.
- "The features of the H1N1 epidemic are somewhat similar to past influenza pandemics in that circulation of a new influenza virus is associated with an unseasonal wave of disease affecting a younger population," wrote authors Gerardo Chowell-Puente, an epidemiologist at Arizona State University, and Stefano Bertozzi of the National Institute of Public Health in Mexico.
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- When the demand is greater than supply, the drug companies can charge high prices for the new vaccine.
- Drug companies don't make that much profit on normal flu vaccines; flu vaccines make up a small% of a drug company's inventory, relative to other products
- The government guarantees to subsidize at a greatly reduced cost even if they go unused (in reality most do) and also guarantees liability protection; drug companies have to sell at reduced cost.
- Currently, there are no signs that the virus is mutating to become more deadly.
- Any flu is cause for concern.
- Building the immune system makes good sense, especially since it was not regular flu season when it started escalating, taking people off guard.

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