

HOW TO PREVENT AND TREAT THE SWINE FLU

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“Tips for Health”

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Dear Subscriber,

Prevention and **Susceptibility** are the keys to beat the Swine flu in today’s pandemic. Swine flu is a viral illness that attacks susceptible individuals.

The symptoms are fever, muscle aches, headache, chills, cough, sore throat and possibly diarrhea and vomiting.

You can be susceptible by traveling to endemic, contaminated areas - so don’t do so!

Boost your Susceptibility resistance by improving your nutritional and immunologic system. Here is where you can help yourself immediately:

1. Be sure your body is not deficient in the most common nutrients needed for basic health and to boost your immune system. That means everyone should be taking a basic **multi-vitamin nutrient** (must be high-quality), **fish oil** (omega 3’s) and **trace minerals**. You **MUST** buy your nutrients from a health food store, which carries, mid to high-quality nutrients, or from a holistic healthcare provider who uses high-quality nutrients. (Most of the common “mart” or grocery stores carry the cheapest of the junk, and you may actually be harming yourself by taking cheap supplements because their contents are missing or contaminated with harmful or unnecessary compounds).
2. You should be taking extra **zinc picolinate 50mg** a day for 60 days, **vitamin C 3000mg** a day for 60 days and vitamin D3 5000 units a day for 60 days, to give your immune system the ingredients it needs to fight infections and **PREVENT** them from gaining a hold in your body. This is in addition to the previously mentioned core nutrients that one should take daily or weekly.
3. There are several **herbal immune** formulas that may benefit you. See an herbalist, my web site or another prescriber if you want extra protection. I carry Immune Defense, Immune Boost and **Immune Restore** as extra immune system stimulants at www.naturalbodyhealth.com.
4. If you travel or believe you may be exposing yourself to the virus, take **olive leaf extract 500mg** (6/day), and/or **Echinacea** (6/day) for 3 days intensively during the time of exposure. I would also take extra **zinc** (100mg/day) and vitamin C (9000mg/day) during this time or if you have any symptoms of flu starting.
5. Clean your fingernails and wash your hands frequently, and avoid touching your mouth and face with your hands. Hand to nose and mouth infection is the most frequent mode of receiving viral contamination! During flu season, stay away from high traffic, densely populated areas.
6. Always stay hydrated, sleep well and avoid extra stress and vocal activities. Take **Homeopathic eupatorium 30C** (especially if body aches are severe), **Rhus tox 30C**, or **Bryonia alba 30C** if you feel flu symptoms. This may remedy your susceptibility to the virus entering your body, if taken immediately. With all homeopathy, it is always best to see a homeopathic prescriber to determine individually the best remedy for you and your specific symptoms, if you can do this quickly. If you feel nasal or throat irritation, use a Neti pot to rinse normal saline through your nasal passages to rinse out any viral contaminants. Also, use a heavily salted, hot water mouth rinse to gargle and purge your throat.
7. If you become sick, dehydrated and have symptoms of the flu, then you should go to the emergency room for evaluation, and receive acute care treatment.

These are Core nutrients! SUSCEPTIBILITY

- Basic Nutrients. 2 in the morning and 2 at night for 30 days.
- Opti-EPA fish oil. 4 a day with your biggest meal of the day for 30 days.
- Trace Minerals. 1 in the morning and 1 in the evening for 30 days.

These Boost your Immune System! PREVENTION

- Zinc picolinate 50mg a day for 30 days. May need to take this with food.
- Vitamin C 4000mg a day for 30 days.
- Vitamin D3 5000 units a day for 30 days.
- Immune Restore 1/day for 30 days.

These are part of more aggressive defense! TREATMENT

- Immune Defense. 1 in morning and 1 in the PM for 15 days.
- Immune Boost. 1 in morning and 1 in the PM for 15 days.
- Olive leaf extract 500mg. 2 in morning, noon and evening. (6/day) for 5 days.
- Echinacea. 2 in morning, noon and evening. (6/day) for 5 days.
- Extra zinc picolinate for 5 days. (50mg in am and 50mg in pm)
- Extra Vitamin C (3000mg in AM, noon and PM) for 5 days.
- Increase your vitamin D to 5000 units twice a day for 10 days.
- Homeopathic Rhus toxicodendron 30C, or Homeopathic eupatorium 30C (especially if body aches are severe), or Bryonia alba 30C if you feel flu symptoms.

Take one of these homeopathic medications, 2 under your tongue, 3 times a day until you start to feel better or worse, then stop.

It is always best to see a homeopathic prescriber to determine individually the best remedy for you and your specific symptoms - if you can arrange this quickly.

If you're feeling like you're coming down with something, keep your neck warm and wear socks to bed. You can even wear a neck warmer to sleep.

Please feel free to forward this PDF to your friends. I hope this information helps many people avoid what could be a severe illness from ever developing...

To your health!

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The opinion expressed is that of Dr. Mark Laursen, M.D.