

## The Health Concerns of Influenza Virus and Vaccinations

As a concerned health practitioner and with ten years experience in molecular virology research, I am not disregarding the risks of a severe flu. However, there are a number of concerns I wish to emphasize with respect to everyone's best health interests. What is grossly overlooked is that regardless of the statistics of this flu season, the most important and effective means of protection and the only means of recovery is through immune system support. This includes the classic hygiene principles as well as very well proven and effective nutritional support and supplementation (see below).

Regarding the statistics; as described in current reports from the major scientific authorities, not the media, there is always a risk among the very young, old and immune compromised with certain mortality each year. This virus is no different.

Second, since actual testing to specifically identify viral strain is rarely preformed, and since most flu virus symptoms of all strains are virtually identical, the claims of actual H1N1 infection levels are most likely grossly overstated. Due to the panic, healthcare workers are regularly over-reporting any flu symptoms as due to H1N1.

Lastly, and most important, the DNA makeup of influenza virus is genetically designed to change and not readily susceptible to artificial immunization by vaccine. After over a decade of producing a new vaccine for each 'yearly' flu, and with up to 70% of the US population now being vaccinated, there has been NO CHANGE in the overall incidence of yearly flu infections.

One final point. There are always a significant number of vaccinated individuals who still contract the flu each year, regardless of the strain. Again, most are those with immature or weakened immune systems. However, the ONLY way to recovery is via the body's immune system. Whether an individual is vaccinated or not, vaccines have absolutely nothing to do with restoring and strengthening the immune system and thus providing for the body's ability to overcome an existing infection.

At the end of this article is the vital information about ways to support and strengthen your immune system.

Following is a recent published report with facts that you should consider.

As we have all experienced since April of this year [2009], most of the information presented by the national media about the Swine Flu has been rooted in paranoia and fear. As soon as the first case of 2009 was announced, we have all been bombarded with non-stop updates and images of more cases or even new deaths that have apparently been caused by the Swine Flu, creating a state of panic. But is this necessary? Is the swine flu really something that we should be panicking over? Or is it possible that this virus is in fact as or less dangerous than the regular, boring old seasonal flu?

Here are facts about the Swine Flu Pandemic...

In the latter half of April, 2009, the World Health Organization's pandemic alert level was sequentially increased from three to five until the announcement on 11 June 2009 that it was raised to its highest level, level six. Pandemic means there are outbreaks in multiple countries, which is significant but more commonplace with infectious diseases in today's travel and commerce.

### H1N1 vs. Common Flu

Traditional Yearly Flu	H1N1 2009
•200,000 hospitalizations	•August 29th, 2009 34,000 confirmed cases of H1N1 Virus in America
•36,000 deaths caused directly or indirectly by influenza (18%)	•9,000 hospitalizations  •593 deaths caused directly or indirectly by H1N1 virus (0.017%)

### Severity of the Virus

The question that is on all of our minds is, how severe is the H1N1 virus?

To help answer that question, following is an excerpt from a Reuters article on September 16, which can be found on MSNBC's website:

WASHINGTON – “The death rate from the pandemic H1N1 swine flu is likely lower than earlier estimates, an expert in infectious diseases said on Wednesday. New estimates suggest that the death rate compares to a moderate year of seasonal influenza, said Marc Lipsitch, PhD professor of Epidemiology from the Department of Immunology and Infectious Diseases at Harvard University.” He goes on, "It's mildest in kids. That's one of the really good pieces of news in this pandemic, barring any changes in the virus; I think we can say we are in a category 1 pandemic. This has not become clear until fairly recently.” says Dr. Lipsitch.

### Fast-Tracking the Vaccine

According to the CDC website, before the FDA approves a vaccine license, vaccines are tested extensively in both human and animal trials to ensure they are safe. If the clinical trials show the vaccine works safely, the manufacturer asks the FDA for a license. The licensing process can take 10 years or longer.

But that, unfortunately, is not the process that has been undergone for the H1N1 vaccine. In order to get the vaccine to market in time for the flu season, national legislation gave the OK to drug companies to “fast-track” the vaccine. That means skipping all but the most preliminary clinical tests of vaccine safety and effectiveness in order to have enough doses available for the flu season. In other words, this vaccine has not even been tested properly to ensure safety and effectiveness.

Thimerosal is 49.6% ethylmercury by weight

### **WHY IS THIMEROSAL SO CONTROVERSIAL??**

Quite simply, because it contains mercury, one of the most toxic compounds known in our environment. Thimerosal contains 49.6 percent mercury by weight and is metabolized or degraded into ethylmercury. Mercury, or more precisely, ethylmercury, is the principle agent that kills contaminants. Unfortunately, mercury also kills much more than that.

Mercury poisoning has been linked to cardiovascular disease, autism, seizures, mental retardation, hyperactivity, dyslexia and many other neurological disorders. That's why the FDA rigorously limits exposure to mercury in foods and drugs.

That might explain why thimerosal was eliminated in many countries 20 years ago. In 1977, a Russian study found that adults exposed to ethylmercury, the form of mercury in thimerosal, suffered brain damage years later. As a result of these findings, Russia banned thimerosal from children's vaccines in 1980. Denmark, Austria, Japan, Great Britain and all the Scandinavian countries have also banned the preservative.

### **What is an EAU or Emergency Use Authorization Act?**

On April 26 of this year, an Emergency Use Authorization was declared for the H1N1 vaccinations.

Under federal legislation passed by Congress after 9/11 in 2001, an Emergency Use Authorization (EUA) allows drug companies, health officials and anyone who gives experimental vaccines to Americans during a declared public health emergency to be protected from liability if people get hurt from the vaccines.

Since the H1N1 was declared a public health emergency, the EUA was issued, and the drug companies are now NOT liable for any harm or illness that may come from this vaccine.

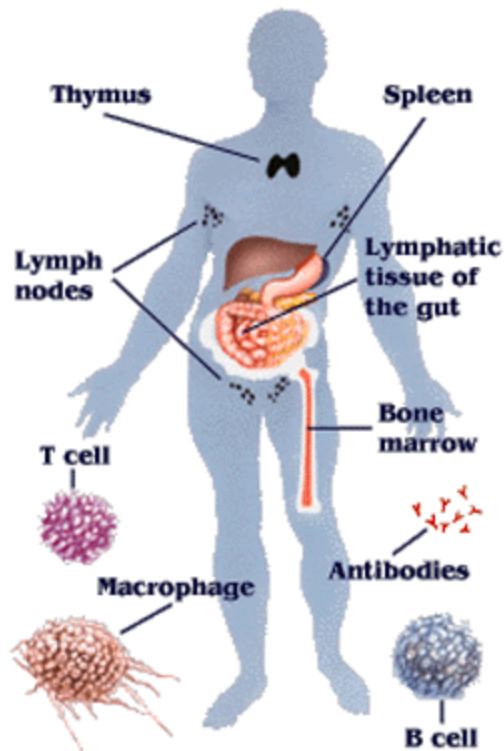
### **So What Do You Do??**

#### **Strengthen and Protect Your Immune System!**

FACT: Vaccines have done little, if anything to reduce the incidence of yearly flu infections.

FACT: Vaccines will NOT provide immune strength nor support recovery if flu infections occur.

FACT: Your immune system is immensely more powerful at defending your body from infection and also healing it from disease than any drug or vaccine could ever do.



Our Immune System is an incredibly complex system that is in charge of protecting us from disease. When our Immune Systems are running effectively, it is quite difficult for ANY disease to find a home in your body. However when your Immune System is compromised, diseases have a much easier chance of infecting your system and making you sick.

The nature of our lifestyles, especially poor diets and low exercise, have more of a detrimental effect on our immune health than anything else!! VACCINES WILL NEVER FIX THIS!

So the idea then is to engage in activities to significantly strengthen your Immune Systems.

## **NUTRITION**

Better discuss the details with me in person, but Nutritional Supplements and especially immune enhancing nutritional supplements are EXTREMELY important and beneficial!!

An exceptional nutritional company with their own genomic research division, producing groundbreaking patents on the fundamental components responsible for powerful natural effects of plant and herbal based supplements has developed a number of new immune support compounds that are available at my clinic. ASK DR. WILSON!!

## **EXERCISE**

More and more research is finding a link between moderate, regular exercise and a strong immune system. Studies show that there are physiological changes in the immune system as a

response to exercise. Consistent moderate exercise enhances the quality of and the circulation of immune cells through the body.

Studies have shown consistently that people who engage in moderate, daily exercise are sick about half as often as those who don't exercise.

### **TAKE ACTION TO LOWER YOUR STRESS!**

The mind body connection shows that stress and emotional trauma can turn into chemical toxins, the so-called "stress hormones" that have been linked to many different diseases. Because the mind and body are intimately connected, when the mind settles down, so does the body. This allows for the release of stress-induced physical symptoms. And since most disease is caused by or worsened by stress, meditation is really good for your health.

Most importantly, be sure to schedule time for those activities that relax you.

### **REFINED SUGAR!!**

"If it's white, it's killing you," has become the rallying cry of many holistic doctors when it comes to the dangerous impact of sugar on health.

While not all sugars are unhealthy and may even have some health benefits such as some fruit sugars (NOT high fructose corn syrup though), refined white sugar, the table sugar that most people use every day, is harmful, even in small amounts.

White sugar suppresses the immune system. It has been shown to decrease the vitality and number of white blood cells, the body's immune response to invaders. Sugar also depresses the body's energy field and makes your blood more acidic, both of which result in vulnerability to toxins, bacteria and viruses.

This is ironic, however, because it is during the peak of the flu season that we as Americans allow our kids to engage in the biggest single sugar-consuming events of the year. --  
**HALLOWEEN!!...**