



On October 6, 2004, the CDC was notified by the Chiron Corporation based in the UK that none of its influenza vaccine, Fluvirin®, would be available due to continued plant contamination of which they had been warned in 2003. Panic ensued. People stood in line for shots for such a long time in some areas that one 79 yr old woman died after 5 hrs on her feet, one drug store had it's entire stock stolen, vials normally selling for about \$80 are now going for \$600, doctors are being threatened by terrified patients, one city is having a lottery for the available shots, and the insanity goes on.

Why the Hysteria?

The fear apparently goes back to the Great Influenza Pandemic of 1918 which killed, according to CDC statistics, about 500,000 US citizens. Known as the Spanish Flu, or La Grippe, it actually began on an over-crowded, under-nourished army base in Kansas and was spread throughout the world via troop movement during WWI. The death toll rose higher as a quickly developed vaccine was given not only to troops but also to their caregivers and the general public.

Dr. Eleanor McBean, who lived through that epidemic, states in Chapter 2 of her 1977 book The Swine Flu Exposed [WWW.WHALE.TO/A/MCBEAN2.HTML]: *"As far as I could find out, the flu hit only the vaccinated. Those who had refused the shots escaped the flu. My family had refused all the vaccinations so we remained well all the time. There was seven times more disease among the vaccinated soldiers than among the unvaccinated civilians, and the diseases were those they had been vaccinated against."*

Are today's vaccines any safer or more effective?

According to current CDC records [WWW.CDC.GOV/FLU], approximately 56,000 people die annually from the flu or its side-effects, most of whom are either elderly or very young and most of whom are vaccinated against the flu; 135 children died during the 2003-2004 flu season, 59 of whom were flu vaccinated. In fact, many researchers believe that a majority of "flu" cases are in fact *rhinoviruses* and that, for most healthy individuals, influenza is not very serious. Many holistic physicians believe flu is caused by our abominable American diet plus immune systems overwhelmed by unnecessary vaccines. And, as admitted by many in the public health community, the flu vaccine is viewed by them as being a "monetary vaccine."

Vaccine Manufacture

Influenza is a virus known for its wild mutations both annually and within a flu season. Since vaccines are developed from active strains, they are always one year behind. Vaccines are prepared by inoculating chick embryos; the virus is then inactivated in the injectable vaccine with *formaldehyde* and preserved/sterilized with *Thimerosal*, a form of mercury. According to Dr. Mark Sircus [WWW.IMVA.INFO], this equals 25 mcg of mercury in every injection and *"mercury is nerve toxic at well below 25 mcg."* Nor do annual vaccines undergo clinical trials.

The CDC states that no *"persons with a severe allergy (i.e., anaphylactic allergic reaction) to hens' eggs and persons who previously had onset of Guillain-Barré Syndrome [the immune system attacks the peripheral nervous system causing*

weakness/tingling often leading to complete paralysis] during the 6 weeks after receiving influenza vaccine" should receive the vaccine. Nor should any individual who is exhibiting illness or who is immuno-compromised.

So who is immuno-compromised? Perhaps 60% of the entire population is considered to be "chemically immuno-suppressed" from not only *corticosteroids* but also from *alkylating drugs, antimetabolites, radiation*, etc. Such persons are literally everywhere: more than 8.5 million individuals have cancer, over 850,000 have HIV or AIDS, over 184,000 are organ recipients, and untold millions are on corticosteroids—28 million alone with eczema. Additionally, Dr. Hugh Fundenburg [WWW.RHINOED.COM], one of the most quoted biologist of our time, says that if an individual has five consecutive flu shots his or her chances of developing Alzheimer's Disease are 10 times greater than if they had one, two or no shots

Despite the shortage of injectable flu vaccine, there apparently is an abundance of FluMist™ nasal spray vaccine available. The package insert carries this PRECAUTION: *FluMist™ recipients should avoid close contact with immunocompromised individuals for at least 21 days.* Remember just how many immuno-compromised individuals there are! But this warning also includes *anyone suffering from chronic metabolic diseases (including diabetes), kidney dysfunction, or a hemoglobinopathy such as sickle cell disease and those who are pregnant.* The three week avoidance is because that is how long it is proven that the *live virus sheds [becoming contagious] from immunized individuals.* This puts just **how** many people at risk? And what about nursing infants?

Dr. Sherry Tenpenny [WWW.NMASEMINARS.COM] is very concerned about the nasal spray for a number of reasons including the fact that *"the vaccine may contain contaminant avian retroviruses"*; the fact that *"a stabilizing buffer containing potassium phosphate, sucrose (table sugar) and nearly 0.5 mg of monosodium glutamate (MSG) is added to each dose"*; the fact that *"between 10 million and 100 million viral particles will be forcefully injected into the nostrils when administered"*; and the fact that *"the only barrier between the upper nasal passages and the brain is a paper-thin bone called the cribriform plate. The olfactory nerves pass through this bone and line the nasal passages...The olfactory tract has long been recognized as a direct pathway to the brain"* which she warns could cause outbreaks of encephalitic diseases.

It is also interesting to note that since the announced "side-effects" of this nasal vaccine include cough, runny nose/ nasal congestion, irritability, headaches, chills, muscle aches and 100° F fever (*all of which are virtually identical to the flu itself*), what is to prevent massive viral shedding as recipients sneeze and drip their way around day care, school, work, church, shopping, etc. for **21 days**? That is if they are not home in bed taking aspirin and drinking chicken soup!

Common Sense Options

Not publicized is that the Clinical and Diagnostic Laboratory Immunology Journal, May 2001 reported researchers in Japan discovered that mice given a nasal spray containing the "good" bacteria *Lactobacillus casei* found in human intestines were

90% more likely to survive a serious bout of the flu and showed less influenza activity. While this is not available to us, other common sense options include:

Hand washing—By far the single most helpful act everyone could perform is to hand wash. Dr. Joseph Mercola [WWW.MERCOLA.COM] says that one study had children wash their hands when they arrived at school, before lunch, after lunch, at recess time and finally before leaving to go home. After a month of consistent handwashing, the study showed the participants had 24% fewer days off school from colds and the flu plus an astounding 51% fewer sick days due to gastrointestinal problems such as stomach cramps and diarrhea. And that is for children who tend to be pretty flexible otherwise in their hygiene habits! Mercola goes on to warn against using anti-bacterial soaps as they tend to contribute to the spread of antibiotic-resistant bacteria. Rather than soap, we use **DYNAMITE All Natural Shampoo** as our only skin cleanser; the **Tea Tree Oil** in it acts as a no-side-effect anti-microbial agent.

Nasal flushing—An ancient hygiene practice, flushing the nasal passages daily with a mild saline solution seems to help one avoid all sorts of allergies and rhinoviruses. Just a pinch of **NTM Salt** in a cup of warm water, *gently* syringed into each nostril as the head is tilted back and to the side seems to suffice; the ancient way is to use a Neti Pot [WWW.THENETIPOT.COM]. If a virus seems to be starting to take hold, adding **DYNAMITE Solace** to the water (or even using it straight), seems to be very effective, while taking it internally according to directions, seems to double its effectiveness. **DYNAMITE Tea Tree Oil** can also be added to the Neti Pot or daubed at each nostril.

Vitamin C—Linus Pauling, 2 time Nobel prize winner, claimed that “*sufficient amounts of Vitamin C can overcome virtually any virus.*” He was talking of ascorbic acid: up to 2 grams/day for colds and up to 10 grams/day for cancers. We know that **Ester-C™** is 4 times more effective (and far more kind to the stomach), so that less is most definitely more; **DYNAMITE** supplies it in either powder or capsule form. Also **DYNAMITE Hiscorbadyne+** contains bioflavonoids and other co-factors of Vitamin C making it more effective yet. We have known of distributors who take up to 8 capsules per day. Of course this amount *can* have side-effects such as improved vision, cardio-vascular health and joint movement in addition to decreased fatigue, varicose veins and macular degeneration!

Hydration—Proper hydration is always important and especially so when facing flu. The general consensus is 1 quart of water (we use a reverse osmosis filtration system for purity) per 50 pounds of body weight. To make this water even more effective, add **DYNAMITE Catalyst Water**, diluted according to directions, to your daily water supply. This makes the water “wetter” and better able to carry nutrients into cellular structures. And adding **Elixir** on top of that helps balance electrolytes while aiding digestion. We can also hydrate via the bathtub. If you are vaguely achey, experiment with adding either **Elixir** (1 cup) or **NTM Salt** (1 handful) to your bath water or sponge down a feverish child with **Super ACV** (organic, raw apple cider vinegar). But do remember that it is by fevers that our bodies rid themselves of harmful microbes.

Diet—Dr. Mercola also advises immediate avoidance of all sugars (including *all* pop) and flours while partaking of far more (we suggest 65-80%) vegetables, greens and fruit. Also vital for a healthful immune system are Omega 3 fatty acids. Most oils that we were told were healthful are actually high in Omega 6. Omega 3's are found in range-free animal products including eggs and meat, wild salmon, walnut, borage or evening primrose oils and even dark greens. To ensure proper nutrients, follow the basic **DYNAMITE** human program of **Plus** or **Regular** and **TriMins** in addition to the **Elixir** above. Such an alkaline diet promotes and supports numerous strains of beneficial bacteria including *Lactobacillus casei*. In fact, since a healthy gut is the first line of defense in healthy immune systems, many distributors (ourselves included) have been known to take some **DynaPro**, marketed solely for animals.

Supplements—Those wishing to specifically support their immune systems beyond the basics above, might consider these: **Izmine** whose rare earth elements have been shown to support the immune system, interferon production and DNA structure itself; this can be a regular addition to the basic program **SOD** which encourages the body to make its own Superoxide Dismutase upon which T-cell formation is dependent; generally a 10 day round works well although some people under great stress choose to take maintenance dosages continuously **Trace Minerals Concentrate** which many distributors have found to act as a natural antibiotic at the level of 10 drops or so for 10 days; some have actually sprayed a dilute (1:10 with pure water) solution into nasal passages **Herbal Green** is loaded with chlorophyll, the plant equivalent of human hemoglobin, which supports the adrenals and the alkaline pH vital for our immune system to function **DMG** or Vitamin B₁₅ (Pangamic Acid), is another supplement which **DYNAMITE** markets solely for animals, but which a double blind clinical study at the Medical University of South Carolina showed a 400% increase of antibody production when this was added to diets

Attitude—It is amazing that whatever we concentrate on seems to happen. If we focus on living a healthy, happy life, that is what we create. If we focus on fear and illness, that is what we create. Jim Zamzow himself believes that approximately 65% of health is due not to his superior supplements, but rather due to the non-physical aspect of our lives: spirituality.

WE BELIEVE THAT YOU CANNOT POISON AN ORGANISM INTO HEALTH; that only natural lifestyles and strong immune systems, as suggested above, produce health. But we *do* wonder why the nasal mist being promoted does not contain *Lactobacillus casei* rather than live attenuated virus. And we wonder why bottles of Vitamin C are not being offered rather than injectible vaccines. And we wonder why handwashing is not in the headlines. And we wonder how such a relatively innocuous disease relatively easily dealt with and deadly only to a minute percentage of immune weakened individuals in its natural state has come to be perceived as a fearful scourge for all. . . . and we wonder where common sense has gone. ■