

HCTW HOME CURES THAT WORK

H1N1 and Swine Flu Edition Volume 1: Issue 10

HOME CURES THAT WORK - VOLUME 1: ISSUE 10

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Barton Publishing's

Home Cures That Work

Volume 1: Issue 10

H1N1 & Swine Flu Edition

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Home Cures That Work: H1N1 & Swine Flu Special Edition

Introduction

The flu season has been around for as long as you and I can remember. Traditional methods of treatment have included fruit juices and water by the quarts, hot blankets, hot baths, cold compresses for headaches, additional fiber and other colon-cleansing remedies. In the audio interview with Dr. Saunders, he informs us that in 1976 there were more people who died from the Swine Flu vaccination than there were from the flu itself. In this H1N1 & Swine Flu Special Edition of Home Cures That Work, we lay the facts before you to draw an educated decision regarding the apparent Swine Flu danger.



This issue is packed with home remedies to help you ward off the flu. Just imagine, you can be healthier after the flu season than before if you choose just a few of the natural remedies laid out in this issue. Stock up on these items and you'll build flu immunity:

- Apple Cider Vinegar
- Chicken Soup
- Hot Herbal Teas
- Vitamin C
- Vitamin D
- Garlic and Ginger
- Hand Soap and Sanitizer

Furthermore, stay clear from germs but stay far from fear. The scare of a pandemic helps further drug sales – not peace of mind. To quote our contributor Nordine Z., "... I understood that no matter how bad your day or life may be unfolding, the illusion of your perception can be eradicated by a simple stare into the eyes of a loved one, a person or a pet or even your own self." Remember what counts in life and you'll not only keep yourself healthy, but you'll feel better, too.

Martin Jacobse Uncorked: The 7 Rungs of the Health & Wellness Ladder

By: Martin Jacobse

Is The Forgotten Pandemic of 1918 Coming Back With A Vengeance?

If So, What Can You Do To Protect You and Yours?

Called the 1918 "*Spanish*" flu, it was the "*Mother of all pandemics*" and is estimated to have **infected** half of population of the world at that time. In fact, the Spanish flu spread from the furthest Pacific islands across the globe and even to the Arctic Circle.



My research suggests it originated in the Great War Transit Camps and was spread by the mobilized troops during the Great War. The first infection was in Fort Riley, Kansas, and suddenly appeared in Boston, as well as Austria, China and Brest, France.

No one really knows how this took place, but by using advanced technique called **X-Ray crystallography** researchers have studied the 3-D sample of the virus. This analysis has uncovered some secrets that may help us in our present Swine/Avian/Human influenza (H1N1) pandemic.

Normally, animal and human cells don't allow **cross contamination** of viruses. However, researchers found that "*by making minor changes to the virus structure,*" it could infect humans, too.

Truth is **Mama Nature** doesn't make interspecies jumps with genetic information — only technology could make this happen: *a twisted technology with the darkest intentions.*

Could it be as we are breaking the genetic code we are also breaking Mama Nature's most sacred rules?

In 1919, Sir Mark Sykes was buried in a **lead coffin** to preserve the Spanish influenza virus for future scientific speculation.

On Sept 16, 2008 Sykes' body was exhumed to study its RNA segments — in hopes of understanding the **avian influenza** (H5N1). *This was only one of several similar experiments in the last decade.*



December, 2008, Yoshihiro Kawaoka of the University of Wisconsin linked the presence of **3 genes** (*PA, PB1 and PB2*) and a nucleoprotein derived from the 1918 influenza sample.

It proved to be the combination of these 3 genes that allowed the virus to invade human lungs and cause deadly pneumonia.

It is my *personal observation* this is how the virus has jumped from poultry and pork to the human lung: by engineering an **ultra-resistant** virus with these 3 genes.

There is much speculation whether Nazi scientists engineered this virus in Austria, or not. In fact, after an exhaustive search into the Spanish Flu Archives, I discovered a fantastic letter written by an American Volunteer nurse. (See <http://www.archives.gov/exhibits/influenza-epidemic>)

In this letter, dated **October 17, 1918**, she wrote that two German Spies were caught impersonating doctors while giving this influenza virus to our soldiers. *They were executed the next day.* (See <http://www.archives.gov/exhibits/influenza-epidemic/records/volunteer-nurse-letter.pdf>)

If that happened today, you can bet your bottom dollar we would have at least interrogated them first.

My first question would be how did these “*impersonators*” get their hands on this the **deadliest virus in medical history?** But, what I also want to know is why haven't we ever heard about any of this in history class?

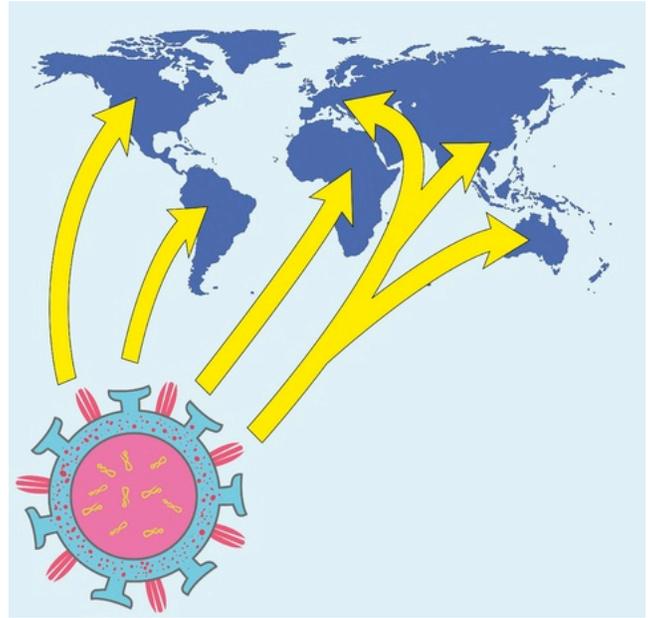
The history IS there, *if you know where to look.*

For example, there is record of a Political Scientist named Andrew Price-Smith, who published data (*in the Austrian Archives*) that the Influenza actually started *before* the spring of **1917** in Austria.

So, as you can imagine this sparked my interest even further . . . **read on.**

You see the Spanish Flu of 1918 is also called, "*The Forgotten Pandemic*," simply because **the actual death toll** of what this particular virus did wasn't realized right away because of all the dead and dying from WWI.

The Greatest Medical Holocaust in History was coined "**The Spanish**" flu because Spain wasn't in the Great War and therefore, didn't impose "*wartime censorship*" of the Press.



After the flu hit France hard, it spread into Spain and the "*Spanish Press*" became responsible for telling the rest of the world about the **mass destruction** caused by the virus. Yet, in Scotland it is recorded in history as the "*Scottish flu*." But, in fact it was the very same virus.

The "mutant" flu virus of 1918 killed more people than any other single outbreak of disease, surpassing even the Black Death of the Middle Ages. It also killed more people in one year, than were lost during the entire World War 1 . . . a war that lasted 4 years.

The 1918 virus caused two main waves of disease between March and December. It was the second of these waves, between September and December 1918, which caused the **heaviest loss of life.**

Here are Some Shocking and Strange Facts You Should Know About The Flu of 1918:

- **The Spanish flu killed between 2-20% of the infected (Normally a flu kills only 0.1%).**
- The Spanish Flu killed mostly "*young adults*" between the ages of 20 and 40 years old.
- **99% of people infected were under 65 years old.**
- Usually flu only kills people under 2 and over 70 years old.
- **3-6% of the global population died (50-100 million deaths).**
- The virus attacks an "*area*" for about one month period.

- **The 1918 avian flu is a subtype of the modern avian/swine flu type H1N1.**

As you can see this was no “ordinary” flu bug.

Then I found an article in USA Today (2007) that attempted to explain why the majority of people killed by the virus were **young adults**. Apparently, the Armed Forces Institute of Pathology (AFIP) collaborated with Southeast Poultry Research Laboratory and Mount Sinai School of Medicine in New York to hash this out.

After identifying the 1918’s viral gene sequence from a frozen victim they found in Alaska, they announced that this particular virus strain caused an **aberrant autoimmune response** (Oct 5, 2005).

ab·er·rant *adj.*

1. Deviating from the proper or expected course.
2. Deviating from what is normal; untrue to type.

In layman’s terms, the freak virus somehow confuses a healthy immune system to turn and attack itself. Another article described the way it kills young people as a “*Cytokine Storm*.”

A cytokine is a type of white blood cell used by your immune system to defend against foreign attack. Because younger people have aggressive immune systems, once tricked into **turning against the body** by this virus strain, *the aggressive immune system can ravage the body very quickly.*

Scientists were shocked to find, through **reverse engineering** the virus and by injecting it into monkeys, how fast the monkey’s immune defenses went haywire. Viruses don’t usually kill monkeys, but this one did and it was devastatingly quick.

Cytokines transmit messages among cells in the immune system.



The reason I’ve brought this to the limelight today is because the Whitehouse predicts 90,000 Americans will die from the Swine flu this fall 2009. *This Swine flu is different than usual because it is a subtype of the influenza virus that killed 1/3 of the world’s population in 1918.*

Now, I could tell you about this ultra-resistant virus all day long and as important as that information is, I also want to discuss **what you can do** you protect you and yours from the “*pandemic Swine flu attack*.”

So, let me cut to the chase . . .

The first line of defense is to avoid having this genetically mutated ultra-resistant “*abomination*” injected in your body. A secret international laboratory has been contracted to harvest this **aberrant virus** from infected monkey flesh. Let me tell you this, the dead animal flesh they harvest the virus in is said, *among other risky things*, to be cancerous as well.

First, let me explain how this could be . . .

To defend your body from the Swine flu virus you need a **highly oxygenated body**. A highly oxygenated body is immune to viruses, bacteria and even cancer cells.

You see, this is “the key” to surviving the Swine flu, whether you receive the compulsory vaccines or not, this information can save your life. **The key is oxygen!**



Follow me here . . .

Disease cannot survive or thrive in a well-oxygenated body. The **laboratory animal flesh** they are harvesting the engineered Swine viruses from is “*extremely diseased.*”

Do you want diseased animal flesh injected into your blood stream? Of course not, but I know this will be a challenge for “*everyone*” because there is so much **fear mongering** going on to sell you on this Swine flu vaccine.

FACT: The pharmaceutical companies don’t want you to know the information I am sharing with you today.

Big Pharma is going to cash in on this Swine flu vaccine in a big way.

FACT: You should know that “*They*” will be held EXEMPT to any harm the injections will cause . . . and they will do harm.

So, arm yourself with a little information and put it to good use.

One of the Mount Sinai microbiology professors, Adolfo Garcia-Sastre pointed to the fact that **controlling the growth of the virus should be our main concern** — *rather than the immune system.*

Prof. Sastre's conclusions reinforce my message today.

Yes, a strong immune system is important to stay alive. However, once "*infected*" **your immune system may turn against you**. The easier it is for the Swine flu virus to reproduce itself, the greater the immune response will be, *which creates a vicious cycle*.



Having a highly oxygenated body makes it impossible for the virus to overtake you. A well-oxygenated body with a healthy immune system is its own vaccine. Currently, there are millions of people who have been exposed to this piglet virus and these people have developed their own "*anti-virus*" already.

Viruses normally pass through our bodies "*intact*." They are coated, or **encapsulated**, with a layer of protein. This protein coating allows it to stay hidden until it finds the perfect "*terrain*" to reproduce itself.

Once the virus finds a "*suitable*" environment, which has low oxygen levels, it will shed its protein layer and begin to **attack your cells**. *You are not infected until this takes place.*

How can *you* create a highly oxygenated body?

Cancer cells, harmful bacteria and parasites, as well as viruses thrive in **low-oxygen bodies**. That's why having a strong immune system is only one part of staying healthy.

Disease can only exist in an **acidic environment** and where there is acid, there is an abundance of carbon dioxide (*lack of oxygen*).

Now, if you've been following Home Cures That Work from the beginning, you may recall me mentioning "***The Wellness Ladder***."

The Wellness Ladder reveals how you can successfully reverse degenerative dis-ease by following 7 simple steps.

- The first stage of dis-ease is **loss of cellular energy**,
- The second step is **toxicity**,
- Then **stress** and
- **Inflammation . . .**
- The fifth step is **degeneration** of cell health,

- The sixth is a **hardening** stage
- And the final stage before death is called **mutation**.

The key to “*preventing or reversing*” the first stage is to **nurture** a highly oxygenated body. This is also known as “*alkalizing*” or “*mineralizing*” your body.

A properly alkalized body means your blood and tissues have a balanced pH 7.4.

Different fluids in the human body generally have a “*delicate range*” of **acid versus alkaline** balance, which they regulate for optimal functioning. *Both your saliva and urine can be tested to monitor a healthy pH.*

Bear with me here, I’m almost finished . . .

An acid pH means your body needs more “cellular salts” like magnesium, calcium, potassium and sodium. An acid pH is also telltale of low oxygen and high levels of metabolic waste. My point being . . . low oxygen, or high acid pH, if ignored will lead to “*toxicity*,” which is the second step *down* The Wellness Ladder.

Viruses thrive in low oxygen and high toxic terrain.

So, now you can see clearly that *low oxygen* means lower cell health and can lead to toxic build-up, stress and inflammation, which leads to **degenerative dis-ease** like cancer (*mutation*) and death.

Truth is the same diets that prevent degenerative diseases, including **autoimmune dysfunctions**, can also cure them.

You simply need a little of the right information to help return you to your natural healing pathway.

Eat a little healthier, exercise a little more, drink more water and breathe a little deeper. These are some of the little things that make a big difference in **a good way**.

There are also some little things that can make a big difference in **a bad way**.

Here are some “bad” dietary and lifestyle habits that can cause a low-oxygen, high acid and a low energy cellular body:



- Dehydration
- **Sugar**
- Animal fat (*especially pork*)
- **Trans fats** (*hydrogenated oils*)
- Alcohol
- **Tobacco**
- Fear and anger (*negative core emotions*)
- **Sedentary lifestyle**
- Pharmaceuticals

90% of your life energy comes from oxygen.

*In fact, oxygen is the most abundant and essential element in your body. Considering your body is almost 80% water (H₂O) and that water is about 89% oxygen by weight – **then your body is literally composed of about 60 to 70% oxygen.***

Bottom line: Here are little 5 things you can do to spearhead your own Self-Health Revolution:

1. Food grade hydrogen peroxide: a few drops in a gallon of pure drinking water.
- 2. Raw apple cider vinegar: rich in amino acids, probiotics and minerals it oxygenates your body.**
3. Silver Hydrosol: sprayed in throat, nasal cavities and eyes.
- 4. French Grey Sea Salt: replaces refined salt, alkalizes and flushes toxins.**
5. Yoga classes: stretching moves stagnant lymph fluid and deep breathing increase oxygen levels.



So, in closing I just want to make a **positive impact** on you today so you can deal with the “*piglet flu*” without panicking and without making things worse with any vaccinations. *Remember, avoiding stress is paramount to a healthy and happy life.*

Fact: Swine flu vaccines may kill more people than they help.

The only people who will benefit from any vaccinations are going to be Big Pharma. Wall Street has already reported how the **pandemic scare** has sent stock prices soaring for drug cartels making antiviral drugs.

Currently, behind the scenes politicians and government health officials are preparing the way for implementation of future quarantines and **mass vaccinations** of people with “*experimental*” vaccines.



This public health emergency has become an **excuse** to rush these dangerous vaccines and drugs to market. The FDA has actually *“removed safety protocols.”*

These drugs have bypassed the NORMAL FDA regulation for demonstrating purity and potency for pharmaceutical products.

So, be aware! You could be vaccinated by something that has NOT been tested and has NO **mortality rate data** to ensure *your* safety and efficacy.

I apologize for writing such a lengthy letter today, but as you can see nothing is more important than staying informed on this issue. Please read all you can and do your own *“due diligence.”* Don't only take my word for it; *find out for yourself and then get involved.*

These viral vaccines are serious business. Last year, Big Pharma made **\$90 BILLION in profits**. But, America is still sicker than ever before and the healthcare system is still an embarrassing mess. *Don't be a victim!*

Big money has lobbied to mandate all drug companies suffer ZERO LIABILITY. *See for yourself:* in 1986 the US Congress passed a law shielding vaccine makers and doctors of liability for vaccine injuries and death.

Historically, vaccines have horrible track records, plus you should also know vaccines lower both your immune system and oxygen levels, too.

I have just given you the **key principle** that will make nearly every drug useless. My hope is once the truth gets out Big Pharma will be put out of business and all vaccines will become obsolete.

"It is easy to get a thousand prescriptions, but hard to get one single remedy." ~ Chinese Proverb

FDA Cover UPs, Drugs & Big Pharma Scams

By: Martin Jacobse

Why Is Psycho-Pharma A False Science?



There is a battle for your mind and biological chemicals, biased media and psychiatry are the weapons being used against you.

An old friend once told me that WWIII began immediately after WWII ended. *It is called, "The War for Your Mind."*

This shocking report will give you the ammunition you will need to help "*fight-the-good-fight*" against

compulsory pseudo-medicine.

When most people think of protecting themselves from attack, they're concerned with threats made toward the physical body. But, few people consider protecting the mental body.

After all, it is a sound mind, which nurtures a healthy body, right?

After several generations of cultural conditioning, people are being misled by what they "*perceive*" to be public opinion. As a result, millions are taking harmful drugs for emotional and social issues instead of getting real help.

The fact is biased media, newspapers and other sources of big advertising dollars, manipulates public opinion. It is no secret. In fact, politicians have known for some time now that public opinion can be "*bought*."

Sadly, what "*appears*" to be public opinion isn't really the "*true opinion*" of the vast majority of the people. Even though the media moguls and mass marketers would prefer you believe otherwise.

With no sense of morality or shame, these mega corporations are targeting you from the cradle to the grave with their deceptive advertising schemes.

They invest BILLIONS of dollars to “*sway your opinion,*” to change the way you think and ultimately control the products you buy.

“*Today, nearly 40 percent of a senior's healthcare spending is on pharmaceutical medications.*” ~ Dennis Hastert

Truth is people like you all around the world are waking up, staying informed and taking back control of their lives. People are desperate for the truth and their tired of being taken advantage of. That’s why Barton Publishing is dedicated to providing proven home remedies that work, for both body and mind.

Read on . . .

I know the “*power elite*” behind these mega corporations are human, too. Problem is they just don’t care the same as you and I because their actions are shielded by an “*exempt corporate status.*” These corporations are in essence a kind of “*alter ego*” which allows them to get away with unacceptable behavior by everyday terms.

It reminds me of the famous 1939 movie, “*The Wizard of Oz.*”



Remember when the Great Oz was revealed to be only a tiny man projecting a fearful image from behind the big curtain. Naturally, this same rash of behavior outside “*that corporate veil*” would be considered contemptuous, to say the least.

That old trick is exactly what psychiatry is pulling on society today.

Psychiatry is a founded on a false premise. It is founded on the lie that mental illness is some kind of chemical imbalance. The fact is there is absolutely no evidence for this bold and radical assumption.

Every year millions of people are told by psychiatrists they have abnormal chemical imbalances and are prescribed dangerous drugs to treat it. Yet, none of these people even underwent even a simple blood test.

Do you know why?

Because there is no scientific test to diagnose these fake-diseases, it’s all simply a marketing ploy to justify pushing more drugs.

"Despite all our toil and progress, the art of medicine still falls somewhere between trout casting and spook writing." ~Ben Hecht

Most real doctors will agree that psychiatry is a false science and to treat mental issues as if they had biological causes is a perversion of real medicine.

I'm not talking about "real" psychotherapeutic practice; I'm referring to the practice of using emotional and mental behavior models as an excuse to sell deadly drugs.

"The worst thing about medicine is that one kind makes another necessary." ~Elbert Hubbard

Obviously, *you* are more aware than the average person; you see the benefits of avoiding toxins, eating right and having an active lifestyle. You understand the importance of optimizing your healthy immune system. I dare say you also recognize the value of working "with" Mama Nature to solve our man-made problems and you know drugs should only be used as the exception, not the rule . . . *right?*

Good, I am glad we see eye to eye on that . . .

"The doctor is often more to be feared than the disease." ~ French Proverb

It only makes good sense to protect your body from the industrial toxins and pharmaceutical poisons the modern world constantly exposes us to.

Yet, too many of us fall short when it comes to protecting and nurturing a sound mind.

I'm sure you agree, you see people spending a little more of their hard earned money to insure they have pure water, organic foods and live in a toxic free environment. All this is for the body, *right?*

Yet, no one seems to notice how "*the mind*" is left vulnerable to all sorts of psychological assaults, from billboards, infomercials and the movies to video games, product jingles and media (*not to mention drugs*).

Even children are being gradually exposed to more and more violence at younger ages. Plus, they're being medicated more and more as well and you know that's just not right.



So, as drug profits soar, violence, disease and despair are on the rise. While the quality of processed foods have become devoid of any nutritional benefit, children and adults are coming down with degenerative diseases like never before.

Now, they want to claim our minds are the problem. Well, I for one won't have it. Enough is enough.

Despite having real scientific evidence that points the blame at "*poor education*" and "*failing diets*," psychiatrists keep pushing for more drugs to be consumed, *as if every little thing was some kind of drug deficiency.*

Isn't it time we stop the madness and call them out on this?

"He's the best physician that knows the worthlessness of the most medicines." ~ Benjamin Franklin

Whatever happened to the idea of being held accountable for our actions? Well, imagine if we took it a step further and actually claimed accountability for our own thoughts?

Imagine that! We'd put them right out of business fast.

Truth is your thoughts lead you to make choices, which in the end result in your actions.



Common sense tells you by first changing the way you "*think*" you can then change the way you behave; *not the other way around.*

This key attitude is a healthy approach guaranteed to cure the "*victim mind-set*" that drug-pushing psychiatrists feed off from and promote.

You see when *you* place yourself in control; *the drug dealers and pseudo-scientists lose their power over you.*

Healthy thoughts, healthy diet and a healthy lifestyle yield a healthy mind *and* body. One of the biggest problems in society is that drugs are blatantly over prescribed and plainly just too darn accessible.

To allow the rampant and unchallenged drugging of your body to control your thoughts and cloud your mind is absolutely unacceptable.

"Poisons and medicine are oftentimes the same substance given with different intents."

~ Peter Mere Latham

The culprit most guilty of manipulating people's thoughts to influence their actions is the drug industry. Good intentions or not, it's simply wrong and people are suffering and dying because of greed.

The worst of them all is the psycho-pharmacologists who are literally experimenting on humans and making a killing doing it.

I pull no punches here. It is clear that Big Pharma is only concerned about their profits and futures. They make more money the sicker society becomes. In fact, Big Pharma is largely responsible for the failing health care system we are currently struggling with.

Yet, annually Big Pharma pulls in more than \$90 BILLION in profits.



As you look at the bigger picture, you will come to see the writing on the wall: *the walls that surround us all.*

Big Pharma would like you to believe we are all victims of physical *and* mental disease. The grand illusion Big Pharma's advertisers create is one based on constant conflict, contradiction and chaos – just enough to constantly keep you feeling stressed out and victimized.

If you accept Big Pharma's way of thinking, or if you begin to think the way they want you to, *then you will act the way they want you to, as well.*

"To array a man's will against his sickness is the supreme art of medicine." ~ Henry Ward Beecher

The “*power of belief*” is the most powerful force in your life; never surrender it to someone else. Once you believe your life is an accident, a mistake or fluke of chance, you will have no difficulty believing you are a victim.

The next thing you know is someone in a white coat is claiming your only choice is some “*mind altering*” drug and that the magical cure to your so-called mental disease is with chemicals. But, I’m telling you that it is a lie. It’s all smoke and mirrors and you don’t have to fall for it.

Remember: You are extraordinary. You are NOT a victim. Your freedom to choose is the most powerful medicine in the world.

Don’t give it up.

“A smart mother makes often a better diagnosis than a poor doctor.” ~ August Bier

Do you know how to boil a frog?

Well, you can’t just boil the water and toss the frog in because its reflexes will cause it to immediately jump out. The secret is to make the frogs comfortable by placing them in the water before it gets hot. Then, you simply turn the heat up s-l-o-w-l-y and before the frog realizes it, the boiling water traps him.

That’s exactly what the psychiatrists and drug salesmen have been doing to people for decades. They have convinced millions that their products are the “*magical cure*” for every emotional issue of everyday living.

Yet, in the light of day, these same psychiatrists will admit they have no basis for making any claims. In other words, they haven’t the slightest clue to how to help mental issues.

“When you are called to a sick man, be sure you know what the matter is. If you do not know, nature can do a great deal better than you can guess.” ~ Nicholas de Belleville





In fact, not only are there no proven methods to diagnose the majority of so-called mental illness. Further, there are no “*biological causes*” of any mental illness.

Therefore, treating a mental issue with a “*biological drug agent*” is a total scam from the get-go.

Drugs are meant to be used “*sparingly*” for issues, which have an apparent physical origin. Let me say it again,

“There is absolutely no scientific justification for recommending these dangerous drugs to anyone for psychological help.”

Bottom line: psychiatry is a pseudo-science that was created to manipulate and control people.

Warning: Not only do these drugs harm people every day, but psychiatric drugs also kill 3,000 people every month. For every *hundred billion* in profit, they kill 1,000 people a month.

I call it a chemical holocaust!

There are some misguided people who attempt to defend the psycho-pharma industry by claiming the Diagnostic and Statistical Manual of Mental Disorders (*DSM*) is some kind of bible.

Predictably, misinformed salespeople will swear they’re making a legitimate diagnosis. But, the fact is this *DSM* is nothing more than “*the collective opinions of a committee.*” This committee’s objective was simply to come up with new names for “*psychological syndromes*” to sell more drugs.

This is another common grievance against Big Pharma is what’s called disease mongering. Basically, it’s the act of paying medical professionals to make-up new disorders and syndromes that will require new medications.

Drugs are notorious for covering up symptoms, which aggravates the real core issues, even more. You can clearly see that “*hiding the symptoms*” of any problem never addresses the root cause of the problem.

The fact is you can’t solve a problem if you don’t know what caused it.

Further, the term “*syndrome*” is a trash can label for any set of symptoms, which there is no current diagnosis for. If you know what the cause of a problem is you can honestly

begin to address it. If you don't know what causes it, then it is often just labeled as a "syndrome."

There are certainly many symptoms, which people suffer from. However, the vast majority of psychological issues have no physical cause. Therefore, many doctors do agree that drugs should NOT be prescribed for these symptoms.



"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." ~ Thomas Edison

People are awakening from this chemically induced nightmare all around the world, *but especially in America*. Health care needs more than just a reform; a reformation is nothing more than redecorating the same old prison.

We need to radically "*transform*" biased medical dogma by means a peaceful revolution, what I call "*The Self Health Revolution*." Yet, this is nothing new. It's an ancient time-tested healing art once forgotten whose time has come for us to embrace once again.

In closing, I would like to quote Ivan Illich who said it quite well, "*Effective health care depends on self-care; this fact is currently heralded as if it were a discovery.*"

Healthy Recipes & Eating Ideas

By: David Randall

Healing Foods to Fight the Flu

Staying healthy during the cold and flu season can be a daunting task, even for the healthiest of people. Throw in chronic disease, sedentary lifestyles, a lack of essential nutrients, and a compromised immune system; you could be looking at a long winter. However, you do not have to resort to flu shots, countless doctor visits or hiding from the rest of the world, there are many natural food options you can use to ward off sickness.



Chicken Soup

If you have a grandmother, mother or concerned parent, you will know that when you say, "I fell sick" you get chicken soup. Interestingly enough, scientific evidence today supports what they used to say. The steam produced by hot chicken soup helps clear clogged airways, and the nourishing broth will give you more energy. An amino acid released from chicken during cooking chemically resembles the drug acetylcysteine, prescribed for bronchitis and other respiratory problems. Spices that are often added to chicken soup, such as garlic and pepper (all ancient treatments for respiratory diseases), work the same way as modern cough medicines, thinning mucus and making breathing easier.



Hot and spicy food

Some people swear by hot and spicy foods such as garlic, onions, mustard, horseradish, chilies or spicy sauces to help ease congestion. This is due because food spicy enough to make your eyes watery will have the same effect on your nose and promote drainage. If you feel like eating, a hot and spicy choice will help your body fight your cold.

Garlic

This fragrant bulb contains a flavoring agent called alliin, which acts as a decongestant and a broad-spectrum antibiotic with powerful antibacterial properties. Garlic is also believed to act as an antioxidant and destroy free radicals, the active oxygen molecules that damage cells.

Fluids

Stay hydrated with plenty of liquids. Hot beverages work better for some people, so consider chamomile or peppermint herbal tea, or sip on hot water with a slice of lemon. Drinking plenty of fluids will also help your body recover faster and fight off the virus better.



Foods High in Vitamin C

Food high in vitamin C such as citrus fruits to increase your vitamin C intake. Drink orange juice for breakfast, snack on half a grapefruit, or add tangerine slices to a lunchtime salad. Potatoes, green peppers, strawberries and pineapple can help as your daily cold-fighting food arsenal.

Ginger

Many people find fresh ginger root helps treat the coughing and fever that often accompany colds and flu. For many people, ginger (such as in ginger tea) works to boost the immune system during the cold and flu season. Ginger tea is safe, easy to prepare, and good to have on hand all winter long and can help ease throat pain and upset stomach.



Avoid

Avoid milk and other dairy products. At least one study has shown that a compound in milk triggers the release of histamine, a chemical that contributes to runny nose and nasal congestion, which can make chest, sinus, and nasal congestion worse.

Beat the Flu Recipes

Flu Busting Soup

- 3 chicken breasts (skin on and bone in, about 2 pounds)
- 2 stalks celery, cut in half
- 4 garlic cloves, peeled
- 2 cups baby carrots, divided
- 1 sprig fresh oregano
- 1 medium yellow onion, cut in half
- 1 teaspoon extra-virgin olive oil
- 1 jalapeno pepper, seeded and minced (about 4 teaspoons)
- 1 tablespoon chopped fresh oregano leaves
- 1 1/2 pounds red or purple potatoes, cut into bite-size pieces
- 3 medium plum tomatoes, seeded and chopped (about 2 cups)
- Salt and pepper, to taste



1. Put chicken, celery, 2 garlic cloves, 1 cup carrots, the oregano sprig, and half the onion into a large pot. Fill pot with cold water, 2 inches above ingredients; put over high heat. When water boils, cover and reduce heat to medium. Simmer 1 hour.
2. Set aside chicken to cool and discard all vegetables and herbs. Strain broth into a large bowl, skim fat from top and set aside.
3. Put oil, jalapeno, chopped oregano, 2 remaining garlic cloves (minced) and remaining half onion (chopped) into a large pot. Cook at medium heat until vegetables are soft, about 5 minutes. Turn heat to high; add reserved broth, potatoes and remaining carrots. When broth boils, reduce heat to medium. Cook until potatoes and carrots are tender, about 15 minutes.
4. Remove skin and bones from chicken. Shred meat into bite-size pieces. Add chicken, tomatoes, salt and pepper to soup. Cook until warm.

Don't want to make your own?

Here are the top canned performers in order of effectiveness:

1. Knorr's Chicken Flavor Chicken Noodle
2. Campbell's Home Cookin' Chicken Vegetable
3. Campbell's Healthy Request Chicken Noodle
4. Lipton Cup O Soup, Chicken Noodle
5. Progresso Chicken Noodle
6. Health Valley 100% Natural Chicken Broth



For another tasty chicken soup recipe see the January's issue of Grandma's Cure Corner:

[Click Here for Grandma's Easy Homemade Chicken Soup Recipe](#)

Teas For The Flu

- 2 cups water
- Head of garlic
- 1 inch fresh ginger root
- 1/2 tsp cayenne
- 2 sprigs baby dill
- 1 bag black tea
- Juice of 1 lemon
- Honey



1. Boil the water, and lower to a simmer.
2. Peel and crush the garlic & gingerroot, and add to water.
3. Add cayenne, baby dill, tea and lemon juice, and turn off flame.
4. Allow to steep for 5 minutes and then take out all the leaf particles floating in the tea.



Basically any tea will work well, just make sure that you these core ingredients:

- Heat
- Spice
- Citrus

Living Healthy to 120: Anti-Aging Breakthroughs

By: David Kekich

100,203 Perish in World's Biggest Tragedy

Pretty sobering, isn't it?

Yesterday, about 100,203 lives were snuffed out prematurely. But, hardly anyone noticed while the international press clamored to report on the 23 new deaths from the swine flu.

That's because we're used to losing 100,000 lives a day, equivalent to over 500 jetliners falling from the sky every day, from a cause we can do something about... but don't. Aging! That's 100,000 lives yesterday, the day before, today and tomorrow. Total about 37 million every year.



Nanomedicine expert Robert Freitas points out that each of us carries within us a unique and complex universe of knowledge, skills, wisdom, life experience and human relationships. Almost all this rich treasury of information is forever lost when you die. If the vast content of each person's life can be summarized in just one book, then every year, death from aging robs us of 37 million books, worldwide. So, each year, we allow a destruction of knowledge equivalent to three Libraries of Congress.

Natural death also destroys wealth on a grand scale. According to insurance company estimates, there's an average value of about \$2 million dollars for each human life lost, or an economic loss of about \$74 *trillion* dollars--every year. That's almost equal to the entire tangible wealth of the world.

We have accepted the fact that deaths from aging are "natural", and they are scattered worldwide. So, we tend to disregard not only the personal tragedies, but also the treasures society loses in terms of that wisdom, experience, skills and knowledge that disappears with them.

But, I promise researchers will not only someday be able to stop aging dead in its tracks... but will also be able to reverse the ravages of aging. In other words, they'll be

able to turn old men and women into healthy mature adults who look and feel like 25 year olds. Seeing this happen in your lifetime is my mission.



While hundreds of billions of dollars are spent on cancer, heart disease and other research... and even more on treatment, we calculate aging can be solved for a fraction of that amount - if it's spent the right way.

And Maximum Life Foundation identified that way. Over the past nine years, we discovered how science can control and even reverse the aging process, maybe within 20 more years. Armed with the law of Accelerating Returns - we can put our assault on aging, the Manhattan " Beach " Project, into high gear. We know what it takes to succeed. We're determined to avoid being part of the last generation to die from aging... when we can be the first generation to control our destinies.

Then we will look for headlines like this:

"100,203 Saved by World's Biggest Medical Breakthrough"

Long life!

David Kekich is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging related diseases.
www.MaxLife.org

Weight Control, Exercise & Fitness Tips

By: Nordine Zouareg

Stop Thinking, Start Appreciating!



If you are like me, you have great days and not so great days. I have bad hair days and great hair days. I can be grumpy and I can be cuddly. It all depends on the way I chose to think, feel and act, first thing in the morning.

One day, while I was having a grumpy day and was not looking forward to my heavy daily schedule, my little four-year-old, Isabella, came into the bathroom and wanted me to hold her as I was trying to shave. I can't tell you that I did what she wanted - instead I ignored her by saying "not now baby, I am busy!"

Of course Isabella, as any innocent creature would react, sat down and started crying. I felt so horrible! I stopped shaving and with the shaving cream still on my face, I picked her up. While holding Isabella in my arms and while she was rubbing the shaving cream all over my face, I had an urging sensation to look into her eyes! There deep into those beautiful and innocent eyes, I saw something I never thought I'd see in my entire life. I saw MYSELF - but not an image of myself, I saw my SOUL!

I immediately felt a sensation of peace. My entire being was affected with a feeling of being able to let go and I become totally relaxed. That day I understood that no matter how bad your day or life may be unfolding, the illusion of your perception can be eradicated by a simple stare into the eyes of a loved one, a person or a pet or even your own self.

Our heart is what tells us the truth; it is the messenger of our soul. Our loved ones are often the ones that suffer the consequences of our own doing, so STOP thinking and start APPRECIATING.



Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book *Mind Over Body: The Key to Lasting Weight Loss Is All In Your Head*. For more information, visit: www.EcorporateWellness.com

Ask-an-MD with Dr. Saunders, MD



Swine Flu Vaccine & Vitamin D Dosage



Dear Dr. Scott,

I was wondering if you would be able to tell me what your views are on getting the Swine Flu vaccine? I am not one to even take an Advil unless I really, really need one. I have never had a flu shot before but my doctor seems to feel that it is necessary to get this Swine Flu shot. What are your thoughts on this. Just

curious. Thank you for your time.

~ Nancy

Answer:

The swine flu is less dangerous than the seasonal flu.

I don't know how old you are, but the swine flu shot isn't recommended for people over 65. It's just not effective. Also, it has not been tested at all in children. Even the healthy adult tests have been few.

There were many problems in the past with the swine flu shot in 1976. One person died of the swine flu, and 25 died from complications of the vaccine. There were also over 500 cases of Guillan-barre syndrome – a devastating progressive neurological disorder. My grandmother got Guillan-barre from the swine flu vaccine and lived with disability and pain for over twenty years. (Most cases of Guillan-Barre were not reported as complications of the Swine Flu Vaccine.)



It's just not worth the risk for a practically untested vaccine.

People who want to gain power and/or money often try to create fear. Don't be afraid. Keep your immune system healthy. There is now more good evidence that keeping a high level of Vitamin D will prevent the flu, among other benefits. Have yours tested.

If you keep your level between 60 and 100 this seems to offer good protection – many times better than a flu shot.

Dr. S

Dear Dr. Scott,



Just FYI. Many times I read about supplements such as D3 and the 6,000 IU dosage. But I suppose this is an amount based on an adult and a certain weight range and people range by a lot.

What about kids who get the flu faster than anyone? I never see guidelines for kids. I do give my kids supplements and I know that D3 should not be taken too much. Yet, many of us are low after the winter months. I Would appreciate seeing the dosage amounts being more in line with age and/or weight. I know a lady who is barely taller than my 9 year old daughter. Would

they need the same dosage? Thank you!!

~ Hl. Thomas

Answer:

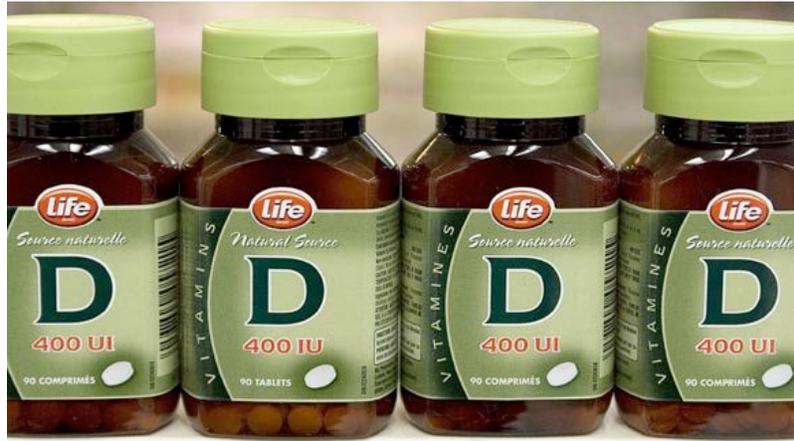
Dr. John Cannell from the Vitamin D Council had this to say in 2004:

"Children over the age of 1 year, and less than 4 years of age, should take 1,500 IU vitamin D per day, depending on body weight, latitude or residence, skin pigmentation, and sun exposure.

Children over the age of 4, and less than 10 years of age, should take 2,000 IU per day, unless they get significant sun exposure. On the days they are outside in the sun, they do not need to take any; in the winter they will need to take 2,000 IU every day.

Children over the age of 10 years old should follow instructions for adults."

However, a recent study shows that children tolerate, and may even need, higher doses. In 2008, a study in school children showed that 200 IU per day brought the children's average vitamin D blood level from 15 to 19, but they remained deficient. The same study had another group of children on 2,000 UI per day, which raised their levels from 15 to 36, which is better, but still a low level. This is about the same levels I see in adults in my office taking 2,000 IU per day.



Vitamin D is not a drug or a vitamin; it is a hormone. The dose is not based on body weight. We need to consider that Vitamin D is stored by the body in fat and in the liver, and used according to need. The need for a child at times may be more than an adult.

Moreover, the amounts given are exceedingly tiny. 400 IU cannot be weighed, or even seen. It is made by dilution: an amount that can be weighed is put into oil or powder and mixed; the oil or powder is then fractionated so that there is an average of 400 IU per pill. Even the prescription dose of 50,000 IU is only 1.25mg.

Bottom line: At this time we still remain cautious and give children a smaller dose. The research in children is about ten years behind adults. Clearly, though, the evidence shows that 2,000 IU per day gets them to barely adequate levels, similar to what is seen in adults.

For acute viral illnesses it is prudent to use 10,000 IU for three days. Personally, I use the 50,000 IU dose or three days, even in children, who get a cold or flu, and find it works well. I have not, though, measured a vitamin D level on them.

Dr. S

Dr. Scott D. Saunders, MD, is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine.

Got A Health Question? Ask Dr. Scott!

[CLICK HERE](#)

Or visit:

www.HomeCuresThatWork.com/Email/Ask-the-doctor.php

Grandma's Cure Corner

The Other Big "C" - Vitamin C

Dear Grandma,

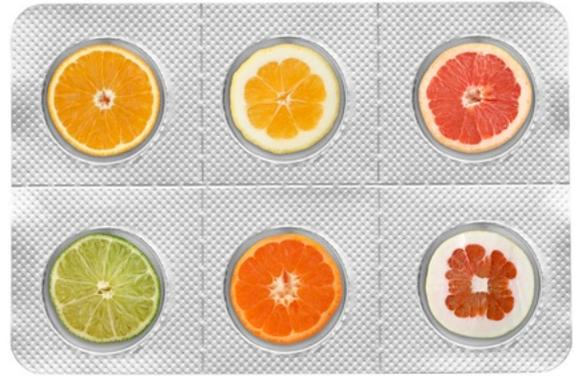
I hear a lot about Vitamin C to help boost the immune system. Does it really work? Would it help fight against the Swine Flu? I'm 60+ years of age and have lots of energy but find myself worried getting sick. Thanks.

~ Gwen Denney

Dear Gwen,

First, don't feel threatened by the Swine Flu! The best ways to protect yourself from this threat is to:

1. Maintain a strong immune system.
2. Use common sense measures to protect yourself.
3. Encourage the same in those around you.



Let me help you with this!

For a strong immune system, especially during flu season and the often worrisome Swine Flu, I would recommend daily doses of Vitamin C. It is general knowledge that Vitamin C can ward off a cold and shorten the duration of suffering. That alone can be good enough for me! Plus, various research shows that Vitamin C can improve resistance to disease and keep viruses from multiplying, as well as help prevent flu symptoms! Even if you are stressed at the thought of getting any type of flue, there is no harm in trying.

If you start feel anything come on, start with an extra 500 mg/day of Vitamin C. Increase to 1,000 mg and don't worry about taking too much because the extra will wash out of your system. Do this in addition to eating fruit and veggies – what really fuels your immune system!

Second, we've talked about cold prevention before, and flu prevention is similar:

- Wash your hands often with soap and water especially after coughing or sneezing.
- Use alcoholbased hand cleaners when soap and water aren't convenient.
- Practice respiratory etiquette by covering your mouth with a tissue (even elbow or shoulder) when you cough or sneeze.
- Avoid touching your eyes, nose, and mouth.
- Don't underestimate the power of good food, clean living, rest and exercise in flu prevention!
- Try Echinacea, Zinc and Vitamin D as other preventative measures and to strengthen your immune system.
- Consider Colostrum (Another "C"): Colostrum is produced by cows following birth but before milk production, and is a rich source of antibodies that help support the immune system. It is a great source of flu prevention found in health food stores.



Lastly, educate others as you educate yourself. By keeping the ones around you healthy, you significantly increase your chance of staying healthy. Here are some helpful resources and tools to read and share about the Swine Flu and H1N1 virus.

1. Supplements said to fight flu:
http://www.denverpost.com/ci_13284305?source=email
2. What is the H1N1 Swine flu?
<http://www.cdc.gov/H1N1flu/qa.htm>
3. What To Do if You are Forced to Take Swine Flu Shot:
<http://articles.mercola.com/sites/articles/archive/2009/09/19/The-Truth-about-the-Flu-Shot.aspx>
4. Flu Prevention Video:
<http://www.flu.gov/psa/contest/2009/index.html>

Gwen, as much as what you put into your body, is what you put into your mind! Don't worry - there isn't a pill that can change your mind.

Grandma

Product Recommendation

ImmunityPlus, by Native Remedies



The perfect supplement in a bottle. This is an all-in-one line of defense for your immune system. It's natural, safe and supports a healthy immunity. A carefully blended selection of herbs to compliment systemic balance supports your body and against unwanted carriers of ill-health, including viruses, bacteria, microbes, parasites and toxins.

From cellular health to liver function and blood flow to peace of mind, you can feel energetic, strong and immune to attacks on your health. Containing peppermint, olive leaf extract, propolis and African potato extract (plus more), you will be fully-equipped to fight off any cold or flu. Just add a few drops to water or juice, 3x/day of ImmunityPlus and you'll have complete and effective natural immunity support.

Buy It Here:

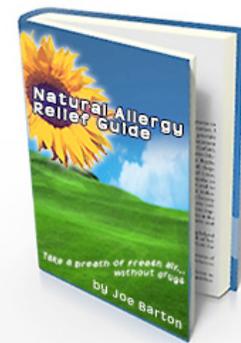
<http://www.HomeCuresThatWork.com/Immunity>

Barton Publishing's Free Report of the Month

The Free Natural Allergy Relief Guide

Barton Publishing is proud to offer a FREE Remedy Report every month to our newsletter subscribers. As a valued member of HomeCuresThatWork.com, you probably have already experienced success with one of our Remedy Reports. Please take advantage of our free offer every month to expand and ensure your health in safe, proven and natural ways.

Nothing seems to dampen the spirits like allergies! For those who suffer from allergies, you know what we mean! Left untreated, allergies can not only causes a runny nose, itchy eyes, congestion and difficulty breathing, but can lead to vomiting, diarrhea, cramps and mental confusion in severe cases. But, let the sigh of relief begin!



Our Natural Allergy Relief Guide will help you identify types of allergies, who is at risk, the symptoms and causes, as well as the natural remedies. Don't just think pollen and dust are the main allergy culprits, learn about food allergies, which affects 1 out of 4 people today in America. Educate yourself with the knowledge of which foods may actually worsen your body's response to allergies.

Start your treatment for seasonal and food allergies today! Don't wait any longer to breath that sigh of relief!

[Download it Here: The Natural Allergy Relief Guide](#)

"Hey Joe," This Worked for Me

~ Reader Input ~

Here are some testimonies from readers like you who have found that natural cures do the job and Barton Publishing's Natural Remedy Reports have made a difference in living healthy.

Dear Barton Publishing,

I have been a fan of yours for about 5 years now. It all began @ 40 years of age when I realized I was taking 3 pills a day prescribed by a doctor for acid reflux, high blood pressure, and high cholesterol. Two years had gone by and I was still taking the acid reflux medicine and I didn't understand why I wasn't healed. After receiving your emails and realizing that the pills were only a crutch or excuse for my bad eating habits and basic abuse of my body was when the real healing began. Yes, I occasionally still have heart burn like all humans do but the acid reflux "disease" is gone. Your report really works.

So of course I have placed faith in two other reports you have offered including the Kidney Stone removal report and the High blood pressure report. After following the advice of the kidney stone report, the pain subsided and after 4 days I passed the stone. I did start taking a product called UriFlow that Monday after the pain subsided on Saturday. I have had a kidney stone problem since I was 17 and have tried every possible solution known to man. My own home remedy to stop the acute pain is to sit in a bathtub full of hot water and drink beer and water until the brain stops receiving the agonizing pain signal. The kidney stone pain is so severe that I think the body starts going into shock or something and eventually your temperature starts to rise and you begin to vomit. The hot water bath/beer numbs those pain sensors until you can get your mind back. I don't know if that is safe or affective for all people. I just know that when you have that pain and can't go to the doctor right away, it works for me. The only recommendation I have for you kidney stone remedy is decaf. and wait for the carbonation to settle after that last swallow before you start ingesting the next substance. I was really "jacked up" after the whole treatment.

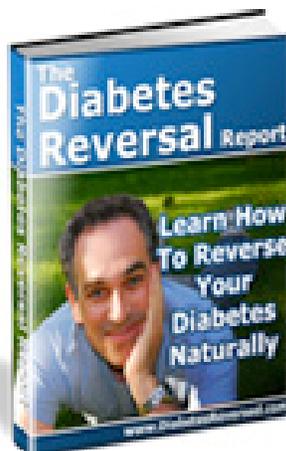


So now I am studying your High Blood pressure report and have severely changed my diet and soon I will let you know the outcome. Thank You, Thank you, Thank you. You are truly a God send.

Sincerely, Ricky

Very well done on all you are doing and achieving. I have been having problems getting insurance due to elevated levels on liver and kidney function tests. After reading your articles I decided to follow a more healthy diet and ceased my prescribed HBP and statin medications. Needless to say that there were dramatic reductions in my recent tests and I certainly feel a lot healthier with this new lifestyle.

~ Chris Digges



I discovered The Diabetes Reversal Report on-line while researching Type 2 Diabetes. I read some of the testimonials and liked the concept of using a "natural" approach to eliminating this disease. This affliction didn't even appear in my family's background history. Why suddenly am I developing this disease? It all started with my doctor labeling my condition as "Type II Diabetes". I soon was put on medication. This seemed to only slightly help. My blood glucose kept steadily gaining ground on me even though my medication dose kept going up.

Lastly, I was injecting insulin. First 10 units, then 15 units, 20 units, then 25 units. My condition seemed to be spiraling out of control. I finally got so mad

and disappointed at this approach that I decided to try something else, hence, The Diabetes Reversal Report.

I started the Phase I of the diet on August 10th. My first two days were a little difficult, but I noticed a marked improvement on my glucose readings. I went from evening readings of 205, 174, 219, to the first evening of 123, 116 the next evening, to 105. After Phase I my readings have maintained a normal 91 to 114.

The results have been miraculous. I am completely off Janumet and insulin. I feel I am no longer a "diabetic" as the doctor had labeled me.

I highly recommend to anyone who is spiralling out of control to get sick and tired of being sick and try this natural approach. You might get healed from this terrible affliction as I have been. I thank God for bringing this knowledge to me.

~ Santos

Have a story that you would like to share?
Your story may be featured in next months issue!
Please share it with us!

[CLICK HERE](#)

Or visit:

<http://www.HomeCuresThatWork.com/Email/WhatWorks.php>

Special Feature: H1N1 Influenza and You

A Question & Answer Guide

<p>What is seasonal flu?</p>	<p>The flu (influenza) is an infection of the nose, throat, and lungs that is caused by influenza virus. The flu can spread from person to person. Most people with flu are sick for about a week, but then feel better. However, some people (especially young children, pregnant women, older people, and people with chronic health problems) can get very sick.</p>
<p>What is H1N1?</p>	<p>The H1N1 flu is an influenza virus that is spreading worldwide among people. This virus was called "swine flu" at first because it has a form of flu viruses found in pigs in the past.</p>
<p>What are the symptoms of seasonal flu and H1N1?</p>	<p>Symptoms of seasonal flu & novel H1N1 flu include: fever (greater than 100F/38C) cough, sore throat, runny or stuffy nose, body aches, headache, chills & fatigue. Some people also may have vomiting & diarrhea.</p> <p>If you become ill and experience any of the following warning signs, seek medical care:</p> <ul style="list-style-type: none"> • Difficulty breathing or shortness of breath • Fever and shaking chills • Bluish or gray skin color • Not drinking enough fluids • Severe or persistent vomiting • Not waking up or lethargy • Irritable behavior • Pain or pressure in the chest or abdomen
<p>How does the flu spread?</p>	<p>People with the flu usually cough, sneeze and have a runny nose. This makes droplets with virus in them. Other people can get the flu by breathing in these droplets, getting them in their nose or mouth, or touching contaminated surfaces. Healthy adults may be able to spread the flu from 1 day before getting sick through breaking the fever.</p>
<p>Should I go to school or work if someone in</p>	<p>Individuals who are well but who have an ill person at home with flu-like symptoms can go to school and work as usual. These people should monitor their health every day, and take everyday precautions including washing their hands often with soap and water, especially</p>

<p>my household is sick?</p>	<p>after they cough or sneeze. Alcohol-based hand cleaners are also effective. If they become ill, they should notify their supervisors and stay home.</p>
<p>I have flu-like symptoms. Should I go see a doctor?</p>	<p>Most cases of flu-like illness seen have been mild. Generally, individuals with flu-like illness do not need to be seen by a medical provider. Follow prevention methods outlines in this newsletter as a precaution.</p> <p>However, individuals with chronic medical problems experiencing flu-like illness (including fever and cover) might want to talk with a medical provider.</p> <ul style="list-style-type: none"> • Immunosuppression due to HIV/AIDs, chemotherapy, cancer, chronic steroid use • Pregnant women • Asthma or chronic pulmonary disease (e.g. cystic fibrosis) • Cardiovascular disease (e.g. congenital heart disease) • Chronic renal or hepatic disease (e.g. nephritis, dialysis, chronic hepatitis) • Neuromuscular disorders (e.g. multiple sclerosis, cerebral palsy) • Diabetes, adrenal insufficiency (e.g. Addison's disease) • Hematologic disorders (e.g. platelet and clotting disorders) • Chronic rheumatologic disorder (e.g. lupus, rheumatoid arthritis) • Gastrointestinal disease (e.g. Crohn's, ulcerative colitis)
<p>Is there medicine to treat the flu?</p>	<p>For most healthy adults, medication is not generally prescribed, but follow preventative measures available to combat both the seasonal flu and H1N1.</p>
<p>I think I had the flu and feel better now. Can I go back to work and school?</p>	<p>Persons should stay at home and avoid contact with others for at least 24 hours after their fever is gone (without using any fever reducing medication). Stay at home means avoiding normal activities, including work, travel, shopping, activities, social events, and public gatherings. This is an extremely important public health measure that will help limit the spread of the flu virus.</p>
<p>Should I get vaccinated for seasonal flu & H1N1?</p>	<p>A seasonal vaccine will not protect you against H1N1. A vaccine against H1N1 flu is being produced but neither vaccines have proven to show beneficial long-term effects.</p>

More information?	<p>Supplements Said to Fight the Flu: http://www.denverpost.com/ci_13284305?source=email</p> <p>What is the H1N1 Swine Flu? http://www.cdc.gov/H1N1flu/qa.htm</p> <p>What To Do if You are Forced to Take Swine Flu Shot: http://articles.mercola.com/sites/articles/archive/2009/09/19/The-Truth-about-the-Flu-Shot.aspx</p> <p>Flu Prevention Video: http://www.flu.gov/psa/contest/2009/index.html</p> <p>Natural Swine Flu Immunity: http://www.naturalnews.com/026168_disease_health_natural_immunity.html</p> <p>Government Website: www.flu.gov</p>
TEST Your Flu IQ	<p>Help educate and arm yourself by taking this quiz to test your practical knowledge about the Swine flu history, vaccination, and immunity. Don't miss this opportunity to make flu prevention possible and safe by testing your knowledge! Follow this link: http://www.homecuresthatwork.com/quiz/flu</p>

Adapted from: <http://www.ferris.edu/HTMLS/staff/webpages/site.cfm?LinkID=467&eventID=30>