

## ***Colds, Influenza, and Infections***

In the final year of the Great War in 1918, Fort Riley, Kansas became the epicenter of one of the greatest calamities in human history that has been largely forgotten.

On March 4<sup>th</sup>, 1918, Albert Gitchell, a company cook for the soldiers stationed at the camp reported in sick. Within days, 522 men reported sick as well. Their symptoms were alarming. Initially, there was no clear-cut diagnosis. Was it dengue? Cholera? Typhoid? Hemorrhaging from the sinuses, ears, and in the stomach and digestive tract. Subcutaneous blood vessel rupturing also occurred.

This disease was also incredibly contagious. By March 11<sup>th</sup>, the disease had escaped containment at Fort Riley and made it to New York City. By the time this pandemic had subsided, over 500,000 people had died in the US alone. Over 25% of the global population had been infected and conservative estimates believe that the global population was reduced 3%. This makes it the “greatest medical holocaust in human history” even more devastating than the Black Plague of Medieval times.

So what was this catastrophic disease? Influenza. Yes, “the flu”. The “Spanish flu”, as it came to be called, killed more people in the first two weeks than all the soldiers killed in all the years of World War II, on both sides. Today, the weak strains of influenza have a mortality rate of .01%. The Spanish flu had a mortality rate of 20%.

The Spanish flu is still a hot discussed topic in the medical community. Why did the strain evolve into a weaker virus? Why did it kill so many young people instead of infants, elderly, and chronically ill?

Viruses are one of the most unique organisms on the planet. Malaria, Tuberculosis, HIV/AIDS, are among the greatest killers on earth and are among the leading causes of death worldwide annually. Even the common cold can be deadly.

Most people associate a cold with colder weather. Though there is a correlation between colder temperatures and “catching a cold” cold weather is not the cause. The common cold is the name given to a number of viruses that all cause the same symptoms, preventing the body from ever developing immunities to them.

The most common symptoms of the common cold which typically last from 3-10 days are:

- Nasal stuffiness
- Drainage
- Sore throat
- Hoarseness
- Cough
- Fever
- Headache
- Fatigue
- Joint aches

The common cold is contagious and is spread mostly by hand-to-hand contact. During the holiday season, when families get together from all across the country and tend to be in closer proximity than normal, the rate of infection increases dramatically. The virus can live on surfaces for hours and be picked spread through surface contact as well. Sneezing and coughing are actually very poor ways of spreading the cold, contrary to popular belief.

Perhaps the greatest reason why people are more likely to become infected during the holidays and winter months is due to the increase in sugar consumption. Cakes, candies, chocolate, eggnog, etc. are loaded with sugar. Sugar weakens the body's immune system by inhibiting the function

of various white blood cells that protect your body from infection.

In order to protect ourselves during this more vulnerable time of the year, we need to take a two-fold approach. First, we need to modify our diets and not consume foods that will weaken our body's natural protective mechanisms, namely our white blood cells and immune system. The second is to supplement with natural immune boosters to help protect against the sometimes-unavoidable exposure and prevent it from becoming a full-blown infection.

Probably the most famous of all the vitamins is Vitamin C. As it pertains to colds, flu, and infections, Dr. Linus Pauling wrote a book many years ago called "Vitamin C and the Common Cold". In it he documented how using large doses of Vitamin C he was able to demonstrate its beneficial properties of preventing, shortening the duration of, and lessening the symptoms of colds.

Studies have also shown that Vitamin C stimulates and increases the activity of various white blood cells that fight infections that enter the body, as well as those which kill bacteria and fight viruses.

Vitamin C is available in a number of forms. The most common and basic is in tablet form. In order to get Vitamin C into tablet form, it needs to be added to a mineral like calcium, magnesium, potassium and so Vitamin C in this form is less acidic and gentler on the stomach, making it less likely to irritate the bowels and cause diarrhea. Vitamin C has been known to cause diarrhea at high doses.

Another form of Vitamin C is in a liquid state as ascorbic acid. This is delivered to the body through injection or an intravenous drip. These drips can deliver a whopping 50,000 mgs of vitamin c directly into the blood stream. Typically,

additional nutrients are added into the solution in order to maximize the nutritional benefit, such as: B12, Calcium, Zinc, Selenium, Magnesium, B Complex and other essential minerals.

Influenza is similar to a cold in that it is a viral infection, but it is often more severe. The influenza virus mutates often, making it difficult for the body to develop an effective antibody to it. Sometimes, the antibodies one has can help against a newer strain.

The symptoms of flu are similar to those of a cold, but more severe in comparison. Flu sufferers often have a high fever ranging around 100 degrees, which can last for a couple days. Chest discomfort is common, as is a stuffy nose, sore throat and cough. The Flu is accompanied by aches and pains in the joints, extreme exhaustion and headaches.

Many people rely on flu shots to protect them from getting this highly contagious virus. Flu shots, however, are far from a perfect solution. The Center for Disease Control and Prevention (CDC) decides each year which strains of the rapidly mutating influenza virus they think are going to be the most common in the coming season. Since influenza mutates rapidly and new strains are discovered all the time, this is a very difficult prediction to make and often there are complications.

For example, in 2009, out of the ninety-three children who died from influenza in the US, sixty had been vaccinated. That's almost a sixty-five percent failure rate. If this story teaches us anything, it is that you should put more faith in your own immune system and regulate your diet as the proper means of protecting yourself.

The optimum solution is to improve your body's own natural protection systems through proper diet and supplementation. One of the best

substances that does just that is called BRM4®. It's an immune booster made from rice bran and mushroom extract. It is highly effective in stimulating the action and production of T-lymphocytes otherwise known as "Natural Killer Cells" (NK for short). These cells actively hunt down and destroy harmful bacteria and foreign invaders discovered in the body.

A study conducted by Mamdooh Ghoneum, Ph.D. and Anahid Jewett, Ph.D. of Drew University of Medicine and Science and UCLA School of Medicine and Dentistry, respectively, in Los Angeles, California concluded that through the use of arabinoxylane (the substance in BRM4®) from rice bran boosted the NK cell activity in subjects ranging from 130% to 150% in just 16 hours! After a week it was over 800% After two months, 2700%! By NK cell activity, we mean the rate and strength with which they seek out, attack and destroy harmful or invading microorganisms, including viruses.

There is no reason why one could not also take BRM4® for preventative purposes. If your immune system were at a heightened level of response at all times, there would be no chance for harmful bacteria or other infectious substances to harm your body. Imagine having 2700% of the immune power you currently have. It would almost be like having a natural shield against infections and diseases, which is quite a good thing to have around the holidays.

Biotonic® is another immune booster, but instead of employing arabinoxylane, it uses a combination of herbs often used in Traditional Chinese Medicine (TCM) for immune enhancing functions. It contains thirteen powerful herbs that have proven effective in handling a large number of conditions and symptoms including vomiting, diarrhea, stomach pain, fatigue, parasites, dysentery, fever, headache, dizziness, spontaneous sweating, loss of appetite, and more on

a very long list of beneficial effects all contained in one capsule.

Another excellent immune booster is a product called *Humacel*. Its name comes from humic acid, which has been shown to have broad-spectrum benefits as an anti-viral supplement. In order for many viruses to replicate, they must enter a healthy cell and use its nutrients to reproduce. If a virus is prevented from entering the cell, it cannot replicate. Humic acid does exactly that. Studies have shown that it prevents HIV-1, influenza, West Nile virus, herpes simplex, hemorrhagic fever, and others from binding to and entering healthy cells. It is also an effective antioxidant as well as an anti-inflammatory.

The best way to prevent a cold, flu or infection is to eat well, maintain good hygiene and reinforce your immune system. Eating well also doing your very best to avoid sugar. Sugar, when broken down by the body's metabolism, sticks to immune cells and hinders them from performing their jobs. This is known as a "caramelized" immune system. It sounds funny, right up until your body contacts bacteria or a virus and then you will wish your immune system wasn't slathered in caramel.

By applying good health habits in a well-disciplined manner, it will be much easier to fully enjoy the holidays, as well as the rest of the year.



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