

## ***Colds, Flus, and Infections***

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 are:

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

These symptoms can typically last anywhere from 3-10 days.

The common cold is contagious and is spread most rapidly by hand-to-hand contact. During the holiday season is when families get together from all across the country and tend to be in closer proximity than normal. This allows greater chance of spreading any such viruses. They can live on surfaces for hours and be picked up that way. Sneezing and coughing are actually very poor ways of spreading the cold, contrary to popular belief.

The greatest reason why people likely are more prone to infection this time of year is the increase in sugar consumption. Cakes, candies,

chocolate and so on 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. chocolate and so on 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.

Probably the most famous of all the vitamins is vitamin c. Its function and benefits to the body are numerous and necessary. As it pertains to colds, flus 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 show that it assists in the 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 kills bacteria and fight viruses. Many of our clients are willing to swear by vitamin c and its benefit in their lives.

At our clinic, we offer vitamin 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 moderate to high doses.

The other form of vitamin c that we offer is in its most basic form, ascorbic acid. This is delivered to the body through an intravenous drip. These drips deliver a whopping 50,000 mgs of vitamin c directly into the blood stream. That is not all that is contained in the injection though. B12, Calcium, Zinc, Selenium, Magnesium, B Complex and other essential minerals are added to give your body an extra boost across all fronts.

Influenza, or “The Flu” as it is more often called in the non-medical community, is similar to a cold in that it is a viral infection, but it is often much more severe than a cold. The influenza virus mutates every so 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 a more severe in comparison. Flu sufferers often have a high fever ranging around 100 degrees Fahrenheit and can last for a couple days. Chest discomfort is common, also 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 and prevent them from getting this highly contagious virus. There is one problem, however, with flu shots. 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, last year, out of the ninety-three children who died from influenza 60 had been vaccinated. That’s almost a sixty-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 attack it with the right weapons. These would include the obvious intravenous vitamin c drips, as well as a new supplement called BRM4. It is 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.

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 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*. It's 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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