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Swine Flu Pandemic – How Bad is It?

American health officials declared a public health emergency as cases of swine flu were confirmed in the U.S. Health officials across the world fear this could be the leading edge of a global pandemic emerging from Mexico, where seven people are confirmed dead as a result of the new virus.

On Monday April 27th, the World Health Organization (WHO) raised its pandemic alert level to four on its six-level threat scale, which means they've determined that the virus is capable of human-to-human transmission. The initial outbreaks across North America reveal an infection already traveling at higher velocity than did the last official pandemic strain, the 1968 Hong Kong flu.

The number of fatalities, and suspected and confirmed cases across the world change depending on the source, so your best bet -- if you want the latest numbers -- is to use Google Maps' Swine Flu Tracker. Several nations have imposed travel bans, or made plans to quarantine air travelers that present symptoms of the swine flu, such as:

- Fever of more than 100
- Coughing
- Runny nose and/or sore throat
- Joint aches
- Severe headache
- Vomiting and/or diarrhea
- Lethargy
- Lack of appetite

Top global flu experts are trying to predict how dangerous the new swine flu strain will be, as it became clear that they had little information about Mexico's outbreak. It is as yet unclear how many cases occurred in the month or so before the outbreak was detected. It's also unknown whether the virus was mutating to be more lethal, or less.

THIS IS NOT THE FIRST SWINE FLU EPIDEMIC

This isn't the first time the public has been warned about swine flu. The last time was in 1976. It resulted in the massive swine flu vaccine campaign. Within a few months, claims totaling \$1.3 billion had been filed by victims who had suffered paralysis from the vaccine. The vaccine was also blamed for 25 deaths. Several hundred people developed crippling Guillain-Barré Syndrome after they were injected with the swine flu vaccine. Even healthy 20-year-olds ended up as paraplegics.

And the swine flu pandemic itself? It never materialized.

WHAT IS THE SWINE FLU?

Regular swine flu is a contagious respiratory disease, caused by a type-A influenza virus that affects pigs. The current strain, A(H1N1), is a new variation of an H1N1 virus -- which causes seasonal flu outbreaks in humans -- that also contains genetic material of bird and pig versions of the flu.

Interestingly enough, this version has never before been seen in neither human nor animal. This does sound bad. Yet, this may not be the deadly pandemic we've been told would occur in the near future.

HOW DANGEROUS IS IT?

On Sunday, April 26, *The Independent* reported that more than 1,000 people had contracted the swine flu virus in Mexico, but by the afternoon that same day, Mexican President Calderon declared that more than two-thirds of the 1,300 thought to have contracted the disease had been given a clean bill of health and sent home. Additionally, the number of actual confirmed cases appears to be far lower than reported in many media outlets.

Interestingly Mexico is the ONLY country in the world where someone has actually died from this disease. Mexico has reported 152 fatalities in flu-like cases in recent days, seven of which have been confirmed as swine flu. Another 19 patients have been confirmed as having swine flu but surviving. About 2,000 people have been hospitalized with symptoms.

According to the World Health Organization's Epidemic and Pandemic Alert and Response site; as of April 27, there are:

- 64 laboratory confirmed cases in U.S. -- 0 deaths (reported by CDC as of April 29)
- 26 confirmed cases in Mexico -- 7 deaths
- 6 confirmed cases in Canada -- 0 deaths
- 1 confirmed case in Spain -- 0 deaths

Additionally, nearly all suspected new cases have been reported as mild.

It simply doesn't add up to a real pandemic. But it does raise serious questions about where this brand new, never before seen virus came from, especially since it cannot be contracted from eating pork products, *and* has never before been seen in pigs, *and* contains traits from the bird flu -- *and* which, so far, only seems to respond to Tamiflu.

SHOULD YOU GET A FLU VACCINE TO BE SAFE?

As stated in the *New York Times* and elsewhere, flu experts have no idea whether the current seasonal flu vaccine would offer any protection whatsoever against this exotic mutant, and it will take months to create a new one.

Getting vaccinated now would not only offer *no* protection and potentially cause great harm, it would most likely be loaded with toxic mercury which is used as a preservative in most flu vaccines.

Currently, the antiviral drugs Tamiflu and Relenza are the only drugs that appear effective against the (human flu) H1N1 virus, and taking Tamiflu to protect yourself against this new virus could be a serious mistake. In addition to the dangerous side effects of Tamiflu, there is also growing evidence of resistance against the drug.

Tamiflu went through some rough times not too long ago, as the dangers of this drug came to light when, in 2007, the FDA finally began investigating some 1,800 adverse event reports related to the drug. Common side effects of Tamiflu include:

- Nausea
- Vomiting
- Diarrhea
- Headache
- Dizziness
- Fatigue
- Cough

All in all, the very symptoms you're trying to avoid.

More serious symptoms included convulsions, delirium or delusions, and 14 deaths in children and teens as a result of neuropsychiatric problems and brain infections (which led Japan to ban Tamiflu for children in 2007). That's for a drug that, when used as directed, only reduces the duration of influenza symptoms by 1 to 1 ½ days, according to the official data. Making matters worse, some patients with influenza are at higher risk for secondary bacterial infections when on Tamiflu.

PROTECT YOURSELF WITHOUT THE VACCINATION

FLUMAX PRO

This homeopathic nosode formula acts as an immuno-stimulant against flu strains. It is derived from previous patients who had the flu, and contains the flu antibodies. **Taking Flu Max Pro just once daily** throughout the “epidemic-pandemic” will ensure a heightened immune vigilance. I formulated **Flu Max Pro** over 20 years ago. Patients who take it as a flu prophylaxis simply do not get any strains of flu, including the deadly SARS strain. **Flu Max Pro** is available at my office.

SUPER IMMUNE FORMULA

This is a wonderful anti-viral herbal formula. It is homeopathically potentized for rapid absorption. It's great to protect against all viral strains. **Take ½ dropper, 2x daily** during the epidemic. Also available at my office.

EMULSIFIED VITAMIN D

Vitamin D is usefeul in maintaining the immune system. I have a wonderful **Emulsified Vitamin D** at my office. **One tsp. daily will be sufficient.** Also available at my office.

AVOID SUGAR AND PROCESSED FOODS

Sugar decreases the function of your immune system almost immediately, and a strong immune system is key to fighting off viruses and other illness. Be aware that sugar is present in foods you may not suspect, like ketchup and fruit juice.

GET ENOUGH REST

Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu.

ADJUST YOUR STRESS LEVELS

We all face some stress every day, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness. If you feel that stress is taking a toll on your health, get plenty of rest and relaxation to help.

EXERCISE

When you exercise, you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it spreads. You can review my exercise guidelines for some great tips on how to get started.

EAT PLENTY OF OMEGA OILS

Increase your intake of healthy and essential fats like the omega-3 oil, crucial for maintaining health. It is also vitally important to avoid damaged omega-6 oils that are trans-fats and in processed foods as it will seriously damage your immune response. My favorite is Hemp Hearts, available at my office.

WASH YOUR HANDS

Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. Be sure you don't use antibacterial soap for this -- antibacterial soaps are completely unnecessary, and they cause far more harm than good. Instead, identify a simple chemical-free soap that you can switch your family to.

EAT PLENTY OF GARLIC

Garlic works like a broad-spectrum antibiotic against bacteria, virus, and protozoa in the body. And unlike with antibiotics, no resistance can be built up so it is an absolutely safe product to use. However, if you are allergic or don't enjoy garlic it would be best to avoid as it will likely cause more harm than good.

AVOID HOSPITALS AND VACCINES

In this particular case, I'd also recommend you stay away from hospitals unless you're having an emergency, as hospitals are prime breeding grounds for infections of all kinds, and could be one of the *likeliest* places you could be exposed to this new bug. Vaccines will not be available for six months at the minimum but when available they will be ineffective and can lead to crippling paralysis like Guillain-Barré Syndrome just as it did in the 70's.

SUMMARY OF PROTECTIVE ACTIVITIES

- Flu Max Pro 3 sprays, under tongue, 1x day
- Super Immune ½ dropper, under tongue, 2x day
- Emulsified D 1 tsp daily
- Garlic daily use
- Rest
- Exercise
- Relaxation
- Wash hands frequently

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You can contact me at returntohealth@gmail.com if you have questions about this article, or how to protect yourself from the Swine Flu.

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