

Defend Yourself

There is much controversy surrounding the H1N1 Flu strain ("swine" flu). Other than the flu vaccine there are many other ways to keep the body healthy so that it does not get the flu.

The recent panic over the H1N1 Flu strain has many people rushing out for a flu shot that can do more harm than good. The October 7th, 2009 Wall Street Journal edition contains an article about research done in several Canadian provinces. Their conclusion states there may be a higher susceptibility to the H1N1 Flu for people who received the seasonal flu shots prior to getting the H1N1 Vaccine.

When it comes to the flu the best defense is a good offense: deprive the virus of a hospitable environment in which to thrive. Influenza and other illnesses cannot affect the body if the immune system is healthy. Here are action steps that can be taken to boost immune system function to increase your body's defenses.

- Take a small amount of fish oil from a reputable source and make sure it is kept refrigerated to keep it fresh. One of the omega 3 fatty acids, EPA, found in fish oil supplements is a potent immune suppressant. A high dose of fish oil with EPA makes one more susceptible to infections, because it is a powerful immune suppressant. If you decide to get the flu shot take a high dose of EPA oil one hour before. This will decrease the side effects of the vaccine.
- Ensure you add the following immune-stimulating supplements and foods to your diet: mushroom extracts, whey protein and beta-glucan. Beta-glucan is a concentrated source of B vitamins made from brewer's yeast
- Take a combination of multivitamins and minerals daily from a food source that is readily usable by the body. These nutrients need to contain plenty of B vitamins and selenium. Selenium is very important for fighting viral infections and reduces an inflammatory response to vaccines.
- Increase consumption of Vitamin D containing foods like eggs and spinach. Use Vitamin D supplements as the sun exposure decreases. It helps to boost your immune response. In addition, it also protects against microorganism invasion.
- Ensure that your diet has ample amounts of calcium. Vitamin D works more efficiently in the presence of calcium. If supplementing with calcium, make sure that it is the correct calcium for your body. Get checked to ensure that you are absorbing the calcium so that it is working for you and not just passing through your body.
- Make sure to avoid all mercury-containing seafood or any other sources of mercury, as the heavy metal is a very powerful inducer of autoimmunity. It is known to make people more susceptible to viral infections. Mercury is one of the ingredients in the H1N1 vaccines, and is used in most of the other vaccines too.
- Avoid the oils that significantly suppress immunity and increase inflammation - such as corn, safflower, sunflower, soybean, canola, and peanut oils. Use cold pressed olive oil and do not overheat it if stir-frying. Do not eat commercially fried food, which is cooked in genetically modified soybean oil.
- Make a blender or juicer drink of organic parsley and organic celery. Drink up to 8 ounces of this mixture twice a day. Both are very potent in inhibiting autoimmune diseases, especially parsley. Plant some parsley in your indoor garden.
- The homeopathic manufacturer Heel has made two of their best immune enhancing products available to health food stores and pharmacies in small dose bottles. Both Grippe Heel and Engystol help boost the immune system to strengthen it against any invaders. Regular size bottles will continue to only be available to alternative holistic doctors, along with the other Heel products.
- Sleep and daily exercise are very important to help keep a body functioning at its best. The body repairs while sleeping. Make sure to get at least 7-8 hours of deep sleep each night. Do not stay up late waiting for that second energy burst, which causes additional stress to the body and decreases immune function. If possible be in bed before 10 PM.
- Keep your immune systems functioning at its best by getting your spine checked for nervous system interference. The spine houses and protects the nervous system. The nervous system has a direct effect on the immune system, so it is important to make sure that it is free from interference. A chiropractor is the only physician specifically trained to evaluate the spine and nervous system to determine if abnormal motion exists that could impair nervous system function. If you are experiencing any pain, stiffness, spasm or restriction in motion there is interference in your nervous system that can be reduced with chiropractic treatment.
- Eat more fresh vegetables and salads throughout the winter season. Avoid eating quick carbohydrate and sugary foods during the holiday season. Eat healthy.
- Drink room temperature water. Drink at least half your body weight in ounces to help keep the body