



Fall Newsletter 2009

To vaccinate or to not.....That is the question....for the FLU I mean!!!!

Pros: It *MAY* prevent you from getting the flu.

It can be administered from a spray form through the nose or a syringe to the arm..

Cons: There has not been enough clinical research on this vaccine especially for the more sensitive population including infants, children and the elderly.

The nasal spray form of administrating the flu vaccine stays active up to 14 days which can expose everyone who comes within 15 feet of that person.

Options: Homeopathy has been shown through studies to be very effective for the flu. The flu of 1918, which H1N1 is most similar to --Homeopathy was the number one medicine that had the most curative results.

What I would do:

1. Continue to build up my immune system
2. Eat organic as much as possible
3. Take a daily multiple vitamin

If I am exposed to the flu or have the flu I would try:

Homeopathics: *Gelsemium* or *Ipecacuahna*... both were very effective during the 1918 flu epidemic.

Also try *Oscillocochinum*-- there have been four large studies showing its efficacy for the treatment of Influenza.

Supplements: *Echeacea* *Pneumo-carotene* grapefruit extract, *congalex* and others that I could recommend depending on your specific condition.

AND of course: Stay hydrated...drink plenty of liquids eat good ol' fashion chicken noodle soup and hot tea may help!

Stay Healthy,

dr leila