



Everything Zen Nutritional Consulting Newsletter

Avian Bird Flu

With all the current reports claiming that a potentially cataclysmic pandemic of the avian flu is around the corner, and could kill 2 Million Americans, with a best case scenario of 200 000, I thought it was important to separate fact from fiction, and give you some insight on just how political this issue really is!

The above figures are high enough to scare anyone in their right mind that there really *is* something to be worried about, until you consider...

Healthy Eating Nutrition Seminars are coming SOON ~ check the website for the latest info!
www.EverythingZenNC.com

- Up to date, only 60 people have died of the avian flu, and they have all been from THIRD world countries ~ that is quite a stretch to the 200 000—2 million that are expected to die in the US alone!
- Most of the people who acquired the infection were bird handlers in CONTINUOUS contact with the sick birds ~ and had compromised immune systems
- Bird flu is NATURALLY carried within the intestines of birds (just like humans carry the influenza virus) ~ MOST birds do NOT get sick from the virus, that said, it IS contagious among all species of birds ~ from robins to turkeys
- Birds shed the flu virus in: saliva, nasal secretions and feces ~ susceptible birds become infected if they come in contact with contaminated excretions or surfaces contaminated with excretions
 - The risk to humans is LOW because it mainly affects birds ~ however, it is important to AVOID contact with infected birds or contaminated surfaces, and be extra careful when handling and cooking chicken
- AVOID: poultry farms, contact with animals in live food markets, & surfaces contaminated with feces of poultry or other animals

Clearly things have been blown out of proportion, with not enough FACTS being reported to the general public. So before you panic, take a DEEP breath and do some research on this if you do not believe me... the Center For Disease Control and World Health Organization have all these facts on their websites

Another question many ask me is if it is 'OK' to eat chicken... the answer is YES, but yet another reason to opt for ORGANIC chickens. They are housed in much more humane environments, have stronger immune systems and are not likely to catch or pass the virus between each other ~ just be sure to FULLY cook your chicken, and NEVER leave it out on the counter top.

To summarize... unless you are a bird handler, living in a third world country with a severely compromised immune system you probably have a better chance of winning the lottery than dying of the bird flu!

Be sure to eat well (AVOID sugar), rest, drink plenty of fluids and keep your IMMUNE system strong and you should avoid catching this, or any other flu ~ including influenza & Legionnaires disease!

Tamiflu ~ A Few Interesting Facts...

- Tamiflu, is made by Roche, a Swiss Pharmaceutical company ~ Gilead Sciences, an American biotech company has the rights to Tamiflu
- Donald Rumsfeld, yes the Secretary of State of the United States, holds stock in Gilead Sciences worth between \$5-25 million!
- Fears of an avian flu pandemic within the past 6 months have increased stock value from \$35-\$47 (and made Rumsfeld a minimum of \$1 million!)
- Gilead Sciences is one of the most politically connected biotech companies ~ other shareholders include: Former Secretary of State George Shultz; wife of former California Governor Pete Wilson
- The US Federal government is one of the biggest Tamiflu customers ~ in July the Pentagon ordered \$58 million worth of the treatment for US troops and is currently considering a multi-BILLION dollar purchase!! (20 million doses at \$2 billion)
- One treatment of Tamiflu costs: \$100 USD ~ Roche expects sales of Tamiflu to increase to \$1 billion ~ in 2004 sales were \$258 million

Nutrients that boost immunity...

- Anti-oxidants: vitamins A, C, E, Zinc, Selenium, Glutathione, NAC, grapeseed extract, quercetin, ALA
- Garlic, Olive leaf extract, Oil of Oregano, Grapefruit Seed Extract
- Probiotics
- REST!!! Soups & hot liquids

Marina Zelenovic DNM, B.Sc, RNCP
Email: info@everythingzennc.com



Everything Zen Nutritional Consulting Newsletter

www.EverythingZenNC.com

Flu Season Is ALMOST Here...

Yes, unfortunately it is that time of year again ~ the days are getting shorter, the temperature is quickly dropping, and soon we will be bombarded with ads that we should rush out and get the flu shot because this is 'the worst season of flu EVER!!!'. Well, before you go running to your doctor, here is some information on the flu vaccine ~ what it can, and cannot do.....

First of all, here is a list of some of the additional constituents in vaccines...

- Ethylene Glycol ~ anti-freeze
- Phenol/Carbolic Acid ~ disinfectant, dye

- Formaldehyde ~ a known cancer-causing agent
- Aluminum ~ which has been linked with Alzheimer's disease, seizures & cancer (in lab rats)
- Thimerosal ~ a **mercury** disinfectant/preservative that can result in brain injury and autoimmune disorder
- Neomycin & Streptomycin (used as anti-biotics) have caused allergic reactions in some people

Ok, now that you know some of the foreign & toxic chemicals you MAY be getting injected into you, you may wonder just how effective is the flu vaccine at all??

Unfortunately, again, the answer is quite negative

Influenza is a virus that has the ability to constantly reinvent itself during a single season, meaning there are NUMEROUS strains of the virus. Months before the flu season even begins, scientists have to 'guess' which strain will be active that season and create a vaccine that will contain a weaker form of the causative agent.

However, by the time the virus is isolated, cultured for manufacture, and distributed to the population, the virus that is causing the current flu outbreak has usually changed to a completely different form ~ making the vaccine INEFFECTIVE!!

Also keep in mind, that as an individual, you are unique, which means the flu can represent itself differently in you than it does in those around you ~ however, with the flu vaccine, it's a One-Size-Fits-ALL ~ everyone gets the SAME vaccine so it CAN'T work for all.

Last year FluMist hit the market ~ a nasal spray vaccine, that was aggressively promoted by Medimmune, the manufacturer ~ \$25 million was spent in 2.5 months alone and a deal was even signed with WalMart so consumers could get the vaccine while shopping!!

Despite the novelty, the manufacturer warns that "FluMist recipients should avoid close contact with immunocompromised individuals for at least 21 days ~ as the virus (vaccine contents) can be dispersed through sneezing.

Well, who are the immune-compromised? Young children, senior citizens, and anyone suffering from any disease or illness! This means, that those who MOST need protection from the virus are NOT allowed to get it! It really makes you wonder why ANYONE would want it (and be contagious for over 3 weeks!)

Clearly, I am not a fan of flu vaccines. I believe it is much better to strengthen the immune system so it can naturally fight off any viruses you are exposed to. For an immune building program to fight off the flu this year, come in for an assessment ~ there are MANY things we can do to either prevent an outbreak or speed up your recovery ~ working WITH NOT AGAINST your body!

Healthy Eating Seminars coming SOON! Check our website for more information www.EverythingZenNC.com

How to Protect Yourself From Getting The Flu

First **WASH YOUR HANDS!!** ~ especially after touching public: phones, doorknobs, handrails etc ~ many germs are transmitted by dirty hands touching the eyes, ears, mouth etc. So, every time you get indoors, head for the sink for a good wash. (warm water, a good lather, for a minimum of 15 seconds) ~ and **AVOID** anti-bacterial soaps as they can do more harm than good!

Avoid SUGAR ~ each teaspoon of sugar suppresses the immune system for 4 hours ~ which is A LOT, especially when you are exposed to numerous and various germs, especially in the Fall

Get enough REST ~ a tired body is more susceptible to getting sick

Eat GARLIC regularly ~ garlic is: anti-bacterial, anti-viral and anti-fungal making it a potent germ-fighter ~ raw is best

EXERCISE ~ moderate exercise will increase circulation which will stimulate the immune system to fight off pathogens earlier than if you are sedentary.

Don't STRESS ~ if stress becomes overwhelming, your immune system will suffer making you less able to fight off the flu

Nutrients That BOOST Immune Function

- Vitamin C & E
- Grapefruit Seed Extract
- Olive Leaf Extract
- Samento
- There are also MANY homeopathic products that can boost the immune system NATURALLY or speed recovery after you are already sick with the flu!

Marina Zelenovic B.Sc, CNP, RNCP
Email: info@everythingzenncc.com