



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!

Eat Yourself Healthy
Cooking Classes in Mississauga this October!
Check our website for more information or call 416-458-ZENN

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!

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