

## H1N1

Over the past number of weeks, many articles have crossed my desk concerning the H1N1 virus and vaccination programs. They range from the corruption to the common sense. This month, I will deal with the only thing that Miltonians do have – self choice.

Articles state that the H1N1 seems to be targeting the elderly and the young. I agree but why I agree differs from the medical establishment. According to Traditional Chinese Medicine (5000 + years old not 500) the young have an underdeveloped and growing immune system. The elderly have a weakened immune system and pregnant women (another targeted group) are dispersing their immune systems between 2 or more beings. Viruses can only attack and take up residency in a lowered immune system and 80% of your immune system resides in the gastrointestinal tract.

This last statement is supported by frequency medicine. A virus (no matter what kind) has a very specific electrical vibrational signal. So do our bodies. When those signals match, then the virus has a home. A strong immune system is no match for a virus – literally.

How do we CHOOSE to raise our immune systems? This is where the common sense comes in.

1. Eat healthy, bio-available protein and veggies – fast food, processed, sugar free meals. Fact: 4 grams of carbohydrates = 1 tsp of sugar. Start to read the labels. You will be very surprised to see how much sugar/carbs the average person consumes daily, especially the young children and the elderly. Fact: 67% of the population is considered obese. SAD (no mistake on this acronym) diet (Standard American Diet) is filled with sugars/carbs that will lower the immune system and create the acid environment that viruses thrive in.
2. Drink plenty of non-plastized GOOD warm water (preferably chlorine and fluoride free) – not fruit juices or caffeinated products which again create that acid environment. Fact: 1 coffee will cause the immune system to drop 40 Hertz within 20 seconds of drinking it.
3. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe, etc). Viruses are most frequently transported via the facial area via hands touching eyes, mouth, nose, etc.
4. Gargle twice a day with warm salt water. H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show the 20 characteristic symptoms. Simple gargling prevents proliferation.
5. Boost your natural immunity with foods that are rich in Vitamin C. If you have to supplement with Vitamin C, make sure that it also has Zinc to boost absorption.
6. Optimizing your vitamin D levels is one of the absolute best strategies for avoiding infections of ALL kinds, and vitamin D deficiency is likely the TRUE culprit behind the seasonality of the flu -- not the flu virus itself. Take between 5,000 and 15,000 units per day.
7. Get plenty of rest, exercise, and above all, reduce the amount of stress in your life on ALL levels – physical, emotional, mental and spiritual.

Attend CIHS/Halton Holistic Healthcare's Open House November 12, 2009 from 5:00 pm until 8:00 pm to learn more. Receive mini health treatments, hear lectures on a variety of topics and meet our knowledgeable school and clinic staff and students. See you there.

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