

What you should know, what you can do and the choices you have.

Influenza Season

Understanding the truth about “the flu”, the flu shot and your immune system.

PART I:

Definition: “THE FLU”:

When the medical community refers to an illness as “the flu” they are really talking about a set of common signs and symptoms most people experience during an infection with one of numerous types of viral influenza strains. These signs and symptoms are a result of general and specific reactions the immune system makes towards the invading virus and could more accurately be diagnosed as a *“flu-like illness”*.

General Symptoms:

The immune system reacts to all viral infections in such a way that you experience:

- mild fever
- fatigue
- lethargy
- headache
- joint and muscle ache.

Specific Symptoms:

The immune system is designed to react to the type of virus, and where it lives in the body. As a result you experience symptoms specific to that area of the body. Examples:

Digestive Tract:

- nausea
- stomach cramps
- vomiting
- diarrhea
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Respiratory Tract:

- coughing
- congested sinuses
- mucous discharges
- shortness of breath

The Myth about “THE FLU VIRUS”:

There is NOT one type of “flu virus” that causes “the flu”. On the contrary, there are many viral (influenza) strains, which can give you the flu or rather flu-like symptoms this season.



The FLU SHOT:

Based on this information, the flu shot designed to help you ward off “the flu” is a misnomer.

The flu vaccine aims to protect you from one to a few types of viral (influenza) strains. There are still a few to many viral (influenza) strains, which the vaccine does NOT protect against. The reason for this is due to two related but different processes:

1. Human’s Use of Nature:

Epidemiologist, virologists and other researchers in the medical and pharmaceutical industry decide on what viral strain(s) should be included in the flu vaccine this year. However, their best educated guess can only be made using data from previous years.

The flu vaccine of this year is composed of viral influenza strain(s) from last year or previous years.

2. Nature Itself:

The natural life course of viruses involves *mutation*. As influenza viruses move through different populations they change or slightly alter a part of themselves so they can inhabit a host (person or animal) in the next population who’s immune system does not recognize it. This benefits the virus because it has more time to reproduce (make more of itself) and be passed onto another host before it is eradicated in the original host.

The type of viral (influenza) strains coming our way this season, are still unknown and elusive.

Contrary to the claim that the flu shot will protect you from the “the flu”, in truth it MAY only attempt to protect you from one or a few viral strains known to produce flu-like ailments.

This year’s vaccine is based on last year’s data.

Therefore the flu vaccine can at best protect you from flu-like illnesses common from previous years, however it does little to protect you from other strains yet discovered. No one knows yet, the exact viral strain to come our way this year, except for Mother Nature.

NATURE IS ALWAYS ONE STEP AHEAD OF HUMAN’S ABILITY TO HARNESS IT.

PART II:

Flu vaccine’s manufacturing and delivery into the body is in direct opposition to natural physiological processes. The results of which could be moderately to severely adverse.

There are three potentially problematic issues with the flu vaccine in terms of health and illness prevention:

- Point of entry of the flu-vaccine into the body.
- Viral Load (amount of virus and number of strains).
- Harmful additives.

First, it is important to understand the natural physiological processes, which govern immunity.

A. The Natural Way to a Healthy, Strong Immune System:

When someone in your environment has a flu-like illness and sneezes, coughs, breathes near you and/or touches something you use, many viral particles can enter your upper respiratory tract. The local immune cells in the area of first contact (nose, throat) start to get rid of these viral particles by activating the natural/innate immune system. This part of immunity has well designed ways of destroying viral particles, such as gobbling them up like Pac Man.

At this point, we can compare this scenario to a well-trained army of troops (natural immune cells) sitting, ready and waiting at the point of contact (nose, throat) to take action (destroy) the enemy (virus). When the troops of the natural/innate immune system are overwhelmed by the number of enemies (viral load) it recruits help from the rest of the immune army called the specific/acquired immune system. It is as if the army troops at the point of contact and combat get on their walky-talkies and say: “hey guys and gals, we are a little overwhelmed up here in the nose and throat, please come help us out!” Once activated, the specific immune system acquires the ability to enhance the

effect of destroying the virus and subsequently develops a memory bank of immune cells that hold the secret of the culprit strain's destruction. The result is an improved immune response to that viral strain the next time it comes around.

Through a series of extremely well designed events, the intelligent immune system organizes itself in such a way that removal of a virus is expedient and effective, developing a memory bank of cells for the type of viral stain resulting in an improved, powerful and meticulously well-trained army of immune cells for faster recovery the next time around.

Allowing the immune system to do its job naturally is the safest, most effective way to develop healthy immunity in children, adolescents, adults and elderly people.

The effectiveness of this does depend on the status of each individual's underlying health, which is a direct result of lifestyle choices, behaviours, habits and other pre-existing illness or tissue/organ dysfunction.

The History of Natural Immunity:

As you now know, the army troops (natural immune cells) are set-up ready and waiting, on duty for any expected foreign intruder (virus) to enter via the assumed, most common points of entry. Throughout history, human beings living as part of the natural environment abound with all sorts of microorganisms, have developed an immune system, which time after time learned that the common routes of entry for unwanted microorganisms were the skin, digestive tract, nose, throat, lungs, vaginal and anal openings. Through experience the immune system understood the enemies tactics and set up fortresses in those specific locations. Meanwhile, the rest of the developing immune system settled elsewhere, in places like the lymph nodes (neck, groin, abdomen) and lymph tissue (spleen, tonsils, liver, digestive tract). Still other troops (antibodies) remained floating around in the blood – “surveillance system”.

B. The Artificial Way to a “Healthy, Strong Immune System” - Vaccinate (e.g. FLU SHOT).

Flu Vaccination:

- Point of Entry: The flu vaccine delivers viral particles via an injection into the upper arm. This scenario can be compared to an ambush on the immune system because it is an unfamiliar point of entry for viruses. The immune system attempts to deal with this unexpected attack as best it can, but like any well-designed system; it is only well designed for a specific set of actions. In this scenario, the whole orchestrated plan is potentially a miss as the immune system attempts to manage the unexpected phenomena of vaccination. In some cases the outcome is poor and can lead to moderate or dire adverse events in the body systems of some people.
- Viral Load: The flu vaccine delivers a large viral load, containing three to five different viral strains at one time. This puts a sudden and demanding burden on the immune system, which could result in short-term or long-term consequences for immunity and overall health in some people.
- Harmful Additives: There are other invaders to be concerned about in the flu vaccine. Chemical substances known as ‘carriers’ and ‘binders’ stabilize the viral particles in the vaccine solution for entry into the blood but can overburden the immune system and body detoxification systems like the liver and kidney. One of the most problematic components in the flu vaccine is thimersol, which is a derivative of the toxic heavy metal mercury.

These three factors (abnormal point of entry, viral load and harmful additives) are not found in the natural process of acquired immunity and put enormous strain on the body systems of vaccinated people. This especially impacts those with poor underlying health and compromised immunity, the very population targeted by Flu Vaccine Campaigns.

Vaccinations are an extremely unnatural, sometimes unsafe and often an ineffective way of helping the body to develop proper immunity, especially for people with poor underlying health related to sub-optimal lifestyle choices, habits or behaviours and other factors like concomitant illness, organ/tissue burden or dysfunction.

Part III:

“Catch 22”

The population that could benefit from the flu vaccine (develop specific immunity against the viral strains given in the flu shot) are those people with excellent underlying health. **The very population who on the same hand would fare extremely well without the vaccination!**

The populations needing extra protection against the flu viruses are also the very people who are most at risk for direct adverse reactions or indirect long-term consequences caused by the flu vaccination.

Regardless, attention to proper nutrition, hydration, exercise, breathing, rest and stress reduction are paramount to overall health and the immune system's ability to effectively remove any invader be it a flu-type virus, other microorganisms, food allergen, chemical substance, environmental pollution and antigens (pollen, dust, dander) and vaccine components.

What you can do:

- a) **Refer to the Article:** “Influenza Season Part 2: Understanding your immune system: How it works to ward off viruses, bacteria and other invaders. *What you can do to promote healing and strengthen it by using natural methods.*”
- b) **Make an appointment with your naturopath** to talk about the best options for you and your unique needs.



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