

Flu Prevention and Early Treatment
Dr. Sakiliba M. Mines, M.D.

Acute illness is the body's mechanism for detoxification or cleansing itself. When this connection has been ignored and when the medical community has rejected the therapeutic powers of an acute infection, the incidence of chronic diseases have increased in the global community.

The Influenza Virus can have major impact on health. In the 1918 pandemic influenza killed more Americans than the wars of the 20th century.

Various strains of virus can infect pigs, horses and birds (yes chicken is included). For example chickens can be infected with more than one strain of influenza. Those viruses may share genetic information creating a new influenza strain more virulent than the parent's strain. The crucial element of disease or health is not the germ it is the biological terrain, the resistance or the milieu interieur of the host. The critical factor in preventing or treating successfully any infection, including the "flu" is the status of the immune system.

Since flu shots commonly contain mercury and aluminum, it is recommended that you avoid flu shots until they are proven to be safe and absolutely necessary. Could there be a connection between the increase in Alzheimer disease in senior citizens and the increase flu shots. The Center for Disease control and Prevention has made some recommendations for people afflicted with certain medical condition to receive the flu shot, some of the indications are: weakened immune system, diabetes, asthma, kidney diseases, sickle cell anemia, heart diseases.

AID TO PREVENTION

- Citrus Fruits

AID TO EARLY TREATMENT

- Echinacea as an extract
- Do not suppress the fever stay in bed
- Avoid meats and eggs
- The antimicrobial fats in coconut milk neutralizes pathogens
- Gelatins and minerals in chicken broth will facilitate healing