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Show #1-May 4, 2009: Natural Emergency Medicine

Protocols for Influenza:

Materials for this presentation are excerpted from work designed by Dr. Mark Sircus AC, O.M.D.

Hydration: #1 on the Protocol list

Many underestimate seasonal flu's severity and neglect treating dehydration. Fifty-seven percent of doctors surveyed said, **they considered dehydration the single most dangerous flu side effect.**

Severe flu symptoms like fever and body aches often keep people from taking in adequate fluids.

By managing symptoms, one will be more likely to manage their dehydration as well. This means we have to make sure that we are **really** hydrated all the time, additionally this will mean giving special attention to the elderly and to the children.

We need to learn to be aware when we have changes in our body.

Things like a headache, sore throat or scratchy throat, sore muscles, feeling unusually warm or chilled, lethargic, out of sorts feeling. For children this means we're going to have to keep a closer eye on them.

Dehydration is a **basic or underlying cause of disease.** Water can **prevent and cure** many common conditions, including influenza.

According to a study published in the Archives of Disease in Childhood, **more than 70% of preschool children never drink plain water.**

Pediatric medicine does not pay attention enough to dehydration that occurs when acute diseases strike, and **children pay with their life for this.**

The Blood is 80% water thus hydration levels are extremely important in blood chemistry.

Moderate dehydration, a **3-5% decrease in body weight due to fluid loss, is sufficient to result in substantial decrease in strength and endurance, because of the decrease in oxygen carrying capacity of the blood signaling a drop in Zeta potential***, Blood is a perfect colloid like milk but if the hydration levels drop then the blood becomes increasingly like sludge, blood pressure elevates affecting other bio responses as well.

What is Zeta Potential and why is it important to mention here?

Zeta Potential, is a measurement of Electrical forces in a fluid, in this case the fluid is blood.

The colloid is made up of atoms, molecules, particles and cell etc. and this colloid is blood

When the blood is well hydrated the electrical charge of the blood, has a negative charge and these parts of the colloid can be dispersed and flow easily.

When the body is dehydrated the signal, is to drop in the Zeta potential to a positively charged blood particles which causes coagulation.

So, low Zeta Potential causes positive charged particles due to dehydration and the blood becomes the perfect environment for virus cells to grow and colonize.

High Zeta potential is negatively charged particles due to good hydration causing dispersion. And viruses cannot proliferate.

Proper hydration is thus, the most basic preventative medicine against death from any type of flu.

So how do we know how much water we need to stay well hydrated?

One method of calculating just how much water any person needs, and this is really quite simple:

Take your bodyweight in, lbs. divide this number in half and convert that number in lbs. to oz.

This is the amount in ounces that is required for your optimum hydration.

Example:

Say you are 138lb. Divide this weight by 2 = 64lbs convert to oz.'s equaling 2 quarts or ½ a gallon which is the amount to be drinking every day.

This should be the purest water available to you.

Do not include coffee, tea, or alcoholic beverages in this calculation.

Mercury Exposure = Increased Vulnerability

Chronic mercury exposure is a threat to our health and makes us especially vulnerable to flu infections. No one in the industrialized world is free from mercury exposure today. Coal utilities such as electric plants, burning waste at incinerators, heavy industry, vaccines, and dental amalgams are the biggest offenders.

In studies by Dr. I.M. **Trakhtenberg** in his book “Chronic Effects of Mercury on Organisms “ his studies have shown that prolonged exposure of mammals to low mercury concentrations leads to a significant increase in susceptibility to pathological influenza virus strains.

Those that were exposed to mercury had a more severe course of infection and died more quickly due to complications of pneumonia.

Natural chelation* methods work safely to remove mercury out of the body but unfortunately, if you get the flu now , there will be little time to reduce mercury levels in your body.

*Since we intend to naturally chelate we use types of clay’s like Terrimin Clay or Bentonite clay and or special herbs that can be added to the clays, to eliminate mercury and other heavy metals out of tissues in the body. - These chelating agents form multiple bonds with a single metal ion.

But if we get the flu before we can detox-out these metals don’t worry, much still can be accomplished with the emergency protocols.

Mercury exposure will make flu symptoms worse and even more dangerous, and that is one reason the flu vaccine is deadly because many brands of vaccines include thimerosal, (a preservative included in the vaccine) which is almost fifty percent mercury.

A few things you can do to fight mercury’s effects until you can bind and remove the mercury, is to take Spirulina which is, high in selenium, and selenium’s potential to toxicity is not a concern when taking it in this manner. It is a very good inflammation fighter. Since Spirulina is a cultivated algae, and its grown in very warm climates, to grow quality Spirulina requires clean and pure water to be the safest.

Alpha-lipoic acid another mercury mover, acts as a powerful anti-inflammatory agent, while protecting the mitochondria and reducing cellular inflammation. Mitochondria are one of the parts of a cell that is responsible for the production of ATP Adenosine Tri Phosphate which is also known as the energy molecule.

NAC or (N-acetyl L-cysteine) stimulates the production of glutathione a master anti-oxidant which among other things boosts the immune system and has anti-inflammatory properties.

Iodine, the Universal Pathogen Killer: # 2 on the Protocol list

Though iodine kills most pathogens on the skin within 90 seconds, its use as an antibiotic/antiviral/antifungal has been completely ignored by modern medicine. Iodine exhibits activity against bacteria, molds, yeasts, protozoa and many viruses; indeed of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing **all classes of pathogens**: gram-positive and gram-negative bacteria, mycobacteria, fungi, yeast, viruses and protozoa. (The gram test is done with a purple dye to differentiate the various bacteria both positive and negative)

Most bacteria are killed within 15-30 seconds of contact.

Dr. David Derry MD PhD Canadian thyroid expert says, "Iodine is by far the best antibiotic, antiviral and antiseptic **of all time**."

(Other books to read are the works of Dr David Brownstein particularly "Iodine-Why you need it" and "Iodine, bringing back the universal medicine" by Dr. Mark Sircus AC, O.M.D.)

The body's ability to resist infection and disease is hindered by long-term deficiency in essential vitamins and minerals including iodine.

It will provide the safest way to strengthen our response to invading microbes while simultaneously, correcting or eliminating a basic nutritional deficiency.

The Lord our God has given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't.

How do we use the iodine and what kind of iodine?

Assuming that everyone is relatively low in Iodine, except maybe the Asian that eats a daily diet of kelp and other foods containing high amounts of iodine, the protocol calls for 20 drops of Nascent Iodine (a highly purified form of Iodine) in a half glass of water given 4 to 5 times during the first day. Then decrease the dose to 10 drops - 4 times a day for 3 more days. The higher dosages can be administered for much longer, since Iodine is a safe nutritional medicine that is needed by the body and because most of us are Iodine deficient.

One method of testing to see just how low in iodine we are is really simple. Drop, one drop of nascent iodine on the inside of your wrist, If the drop of Iodine just stays in a droplet on that spot and takes a very long time to absorb you are most likely fairly high in iodine.

Most, in my experience find that it absorbs almost immediately or fairly quickly.

Another form of Iodine is called Lugol's iodine, which some use orally, but usually it is used for topical applications on skin and breast cancers and tumors and infections of the skin.

Magnesium –the role it plays in Influenza and Inflammation. #3 on the Protocol list

What makes avian, swine and human influenza strains so deadly is the viral triggering of inflammation in the lung.

Inflammation is the activation of the immune system in response to an infection, irritation or injury.

It is characterized by an influx of white blood cells, redness, heat, swelling, pain, and dysfunction of the organs involved.

Magnesium is central to **normal immune response** and plays a crucial role in natural and adaptive immunity, in great part, because of its dominance over the inflammatory response.

If magnesium concentrations are high outside of the cell this will cause a normal inflammatory response, **while lower concentration of magnesium outside of the cell results in abnormal immune response called, inflammation.**

Magnesium literally **puts the chill on inflammation**, especially when used transdermally. Sodium Bicarbonate (#4 protocol) and Transdermal Magnesium can be introduced to the body in much greater dosages and concentrations in baths and foot baths to bypass the digestive systems that may not be working properly when you have the flu.

Additionally, one can apply Magnesium Oil and a self-made lotion of Sodium Bicarbonate+ mineral water to the skin for rapid absorption and this is most helpful for children.

Magnesium Oil and Sodium Bicarbonate can be added to sterilized water to make a solution and nebulized directly into the lungs if inflammation becomes life threatening.

When all else fails, physicians can get both magnesium and sodium bicarbonate into the body with IV's.

It is important to note here that most children are already magnesium deficient which would naturally increase complications or the possible risk of death from influenza.

So, how much do we use Transdermal Magnesium crystals for baths? One cup of Magnesium crystals and 1/2 cup of sodium bicarbonate is maintenance. I suggest doubling or tripling the amounts to manage flu symptoms.

Victoria reads next:

Sodium Bicarbonate – # 4 on the Protocol List

Influenza is often associated with abnormalities of fluid, electrolytes and the acid-base balance or pH.

Using bicarbonate to change blood and the entire body's pH is going to shift the environment of most pathogens (germs) making it more uncomfortable for them to inhabit a host.

Sodium bicarbonate is very useful and should not be overlooked just because it is one of the simplest medicines and is an inexpensive food item you can buy at the supermarket.

Fluid and electrolyte imbalances easily occur in anybody with a severe flu and anyone with a high degree of fever and vomiting/diarrhea.

Sodium bicarbonate can be administered orally every two hours and can be put in baths and mixed with mineral water to make a lotion, as I've stated before.

For oral use, use Bob's Red Mill baking soda it is **certified** for purity and no Aluminum. For baths, Arm and Hammer is just fine.

Sodium bicarbonate buffers and defends from a host of complications, and is even used in chemotherapy to protect patients from the toxic effect of dangerous, chemo drugs.

Sodium bicarbonate and magnesium chloride are workhorse medicines that are extremely useful together in infectious diseases to support both the basic physiology and mitochondrial function.

Vitamin C - #5 on the Protocol list

One does not have to say much when it comes to the importance of Vitamin C in preparing the body for an aggressive attack of flu of any type.

If Vitamin C levels are low, the body will be more vulnerable to complications. Also, an attack of the flu will lower already dangerously depleted Vitamin C levels.

The Best kind is a whole food Vitamin C because it's better tolerated than pure ascorbic acid. Whole food Vitamin C comes with necessary co-factors for its efficacy, which ascorbic acid does not.

How to use: one gram to several grams (1000mg=1gram) of C in any form considering, whether the dose is for an adult or child. Go by body weight

The Sun or Vitamin D3- #6 on the Protocol list

Medical scientists have noticed that people with the least D were most likely to have had a recent infection of the upper respiratory tract.

We already know that getting plenty of Vitamin (D3) appears to provide potent protection against colds, flu and even pneumonia. This is important when strong flu strains strike hard.

(D3 Cholecalceferol is the bio-available form; do not use D2 which is synthetic.)

As the amount of vitamin D circulating in blood climbs; the risk of upper respiratory tract infections falls.

Dr. Adit Ginde ER physician at the University of Colorado, Denver School of Medicine says that his studies show that low levels of Vitamin D more than doubled the risk of respiratory infection for people with COPD and boosted it, almost six fold in people with asthma.

We are more vulnerable today than ever before, to a massive epidemic because we are more toxic and more deficient in crucial vitamins and minerals than at any point in modern history.

If you are a sun lover, you don't need to take supplemental vitamin D, throw away your sunscreens and get out in the sun when it is high in the sky and roast yourself until slightly pink and do that every other day (or you can use a UV-B light if you prefer), as a replacement for taking dangerous antiviral medications.

Vitamin A – or the Precursor Beta-Carotene #7 on the list

Studies show that even moderate amounts of vitamin D increase the body need for Vitamin A You can cut back or eliminate cod liver oil in the summer, Note: Some people are using the cod liver oil and other oils like flax and borage oil for joints, and pain so you should continue use year round.

You can consume plenty of oily fish (like salmon) butterfat and egg yolks from (I use the whole egg) just make them hormone free, and free ranging, this is best, to insure adequate vitamin A.

Also drink lots of carrot juice with oranges and eat Spirulina, which is extraordinarily high in beta carotene.

Concerning other possibilities to add to this protocol list, one will find an extensive list of possible herbs, essential oil of herbs, formulas and foods that might help, however they do not make up a core protocol that one can depend on in an emergency situation, one that can easily develop with a severe strain of influenza. This one does.

As an end note to all of this, many reputable doctors and health activists are writing essays concerning the dire economic effect and the implications of declared health emergencies. The medical industrial complex and governments around the world are ready, willing and able to

use this as an excuse to attack the human race with misinformation and extremely dangerous drugs and vaccines. Remember Dr. Eleanor Mc Bean?

She lived through the 1918 Influenza epidemic and testified, "As far as I could find out, the flu hit only the vaccinated. Those who had refused the shots escaped the flu. My family had refused all the vaccinations so we remained well all the time. There was seven times more disease among the vaccinated soldiers than among the unvaccinated civilians, and the diseases were those they had been vaccinated against."

Additionally, Dr. Mark Sircus AC, O.M.D. stated:

"There are many who believe from the depths of their hearts that vaccines are bio weapons of mass destruction, which exist for both pharmaceutical profit and over bloated professional medical egos, attached to status and power.

It would be more than prudent to disseminate information that will be helpful to both doctors and people facing the current health crisis."....