

Protecting Your Health ~ Super-bugs, Viruses & More



Staying Healthy

Most of us think we can breathe a sigh of relief now that **winter is almost gone and flu season is supposedly over**-- but that is far from true.



Actually, reports indicate that the flu will be around well into spring and even if you have had the flu shot, you aren't completely void of risk.

Most **people are also misinformed** about the flu vaccine itself, believing that it prevents infection completely-- but think again, because this is not the case!

Fortunately there are a few **things we can do to prevent getting sick** with a cold or flu this winter-- well, this spring.

In addition to the cold and flu, there is **another viral issue** we need to be concerned about... the "attack of the super-bug"! We may not have to worry about being attacked per se, but we do need to think about what we are doing to contribute to the creation of this super-bug.

We all know cleanliness is next to godliness, right? Although this *is true*, we have to be careful because **being "too clean" can cause problems** too.

Think You've Avoided the Winter Flu? Well... Think Again!

Even with warmer weather approaching (we hope) we are still not *out of the woods* with regards to flu season. Although this is surprising to most, the flu **epidemic can often stretch into spring**, which looks to be the case this year.



Geographic location also plays a role... [the flu](#) hits the hardest around **February** in the Northern Hemisphere and September in the Southern.

So, for those who have managed to **avoid the flu** throughout the winter and thought they were home free-- think again!

In addition, most people are also **misinformed about the flu vaccine** itself, believing that it prevents infection completely. This is not the case-- the U.S. Centers for Disease Control and Prevention states that **while the vaccine helps prevent serious disease**, it is *not* to be considered a cure-all.

Given the uncertainty of the vaccine's effectiveness (for those who did get the vaccine), as well as the lengthy *flu season* this year, **taking additional steps to prevent the flu is a wise decision**.

How to Avoid Getting the Flu as Winter Ends

Maintaining a healthy lifestyle and diet are the first steps to providing a **sound platform to [support wellness](#)** and vitality in the body, which includes getting proper sleep and regular exercise.

Many people are unaware that there are **effective homeopathic alternatives to the conventional flu vaccine**. Orally administered, homeopathic flu vaccines may be used by all ages and can help to prevent [influenza infection](#)--**without the side effects** and complications sometimes experienced by the conventional flu vaccine.

There are also many **natural remedies that can help to promote immunity** and build resistance to common ailments, as well as help lessen the severity of an occurrence. Herbs such as

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[KiddieBoost](#)™ Promotes healthy immune functioning and reduces infection and illness risks

Why isn't the Flu Vaccine a Cure-all?

Mutations of the various influenza strains vary each season, and flu vaccines contain a mixture of strains-- which explains why it must be adjusted yearly.

What's more, the U.S. Food and Drug Administration has already initiated plans to **modify next year's flu vaccine**, as all three strains used in the concoction have already

Hypoxis rooperi and Astragalus membranaceus help to boost the immune system (both which are found in ImmunityPlus™) and act as **strengthening tonics**. Echinacea is another powerful herb that has been shown to **greatly support the immune system**, and thus help the body to ward off the flu virus.

However, sometimes getting sick is just inevitable, given the numerous different strains of the virus-- combined with the unfortunate ease of transmission.

Natural herbal and homeopathic remedies have been proven to be extremely beneficial in **alleviating the effects of influenza without drying out the mucus membranes** (which can happen with conventional decongestants) **or robbing the body of good bacteria** (which can happen with conventional antibiotics).

Using a natural cold and **flu** remedy will not only help you to **address the underlying cause of influenza**, but ensure that you maintain optimal health and well-being.

in children.

ImmunityPlus™

Promotes healthy immune system functioning and helps fight viral and bacterial infections.

Detox Drops™ Promotes natural cleansing and the ability to eliminate toxins.

ComfiCoff™ Promotes relaxation to soothe throat and chest discomfort, irritation and congestion.

Throat & Tonsil Dr.™

Promotes throat and tonsil health and the body's infection resistance.

Sniffly Sprinkles™ Helps maintain easy breathing, clear noses and open chests in children.

BronchoSoothe™

Promotes easy, comfortable and normal breathing.

AdrenoBoost™ Protects adrenal glands from the damaging effects of stress to maintain healthy functioning.

Congesto-K

KiddieRub™ Promotes nose and chest clarity in children to maintain

shown mutations.

Other effective healing herbs that **provide a natural cold and flu remedy** include Yarrow, Elderflower, and Peppermint. When these herbs are combined together, they can help to **reduce fever** and act as an inhalant to **relieve chest congestion** effectively. Remember to source herbal remedies from a reputable company, as therapeutic dosage and ingredient quality is important when using herbal medicines.

relaxed, easy breathing.

[Congesto-K Pillow Spritzer™](#) Promotes clear airways and entire respiratory tract health in adults and children.

[BioVent Drops™](#) Supports bronchial and respiratory health for easy breathing.

*"**Sniffly Sprinkles** should be a standard requirement for every mother's medicine cupboard! They have helped my children time and again. I even took some to my neighbor for her little girl, and I made a friend for life!" - Mrs. J. Oberholzer*

*"My children in daycare have been very healthy this year (aged 2 & 4 years). The only thing I can [attribute it] to is **KiddieBoost** as I haven't changed anything else; I started giving it to them 3 months ago. Thank you for a great product." -Nicole J.*

*"**Throat and Tonsil Dr.** has saved me in a lot of ways. It is the only product that has worked for me... I love it and I will continue taking it. I've also used several other products, including some for my kids, and they all work GREAT!!! THANK YOU!!!" - Ivy F., NV, USA*

Are We Creating a Deadly Super-bug?

Antibiotic overuse, disinfectants, excessive cleanliness & more

In an ironic twist to humanity's plagues of the past, could it be that we now stand the chance of **facing a worldwide pandemic** because we are *too clean*? The overuse of antibiotics-- combined with the widely spread use of disinfectants-- could be causing **microscopic mutations with potentially**

catastrophic consequences, including the creation of deadly 'super-bugs'.

Products such as *bug*-resistant toys, steering wheels, and toothbrushes are also **depriving the body of its ability to develop the necessary immune responses** that should naturally protect us when facing a potential bacterial infection.



The widespread use of antibiotics in our farm animals has also contributed to the problem, as a **large portion of our food supply is tainted** with remnants of antibiotics as well.

In addition, the chemical triclosan found in any anti-bacterial hand sanitizer, dish washing liquid or hand wash (and present in almost every household disinfecting product) has sparked a rapid mutation of these pathogens-- creating potentially deadly super-bugs.

This **increase of drug-resistant bugs worldwide**-- everywhere from hospitals to farms-- has been linked to a **rise in antibiotic prescriptions** in numerous studies.

[Infectious](#) diseases are responsible for the death of 13 million people each year, making them the world's leading killer. These new outbreaks caused by antibiotic-resistant super-bugs are making doctors and public health officials very nervous.

The Center for Disease Control has estimated that **one third of the 150 million outpatient prescriptions for antibiotics written each year in the U.S. are unnecessary.**

As a result of this abuse, many strains of bacteria have mutated and become resistant to conventional antibiotics, as well as to stronger hospital antibiotics.

Dr. James Hughes, director of the National Center for Infectious Diseases at the Centers for Disease Control and Prevention said, "The microbes are challenging us in ways we wouldn't have imagined 10 years ago-- and for which we're not prepared."

The New England Journal of Medicine even reported a case of a man whose infection would not be treated by even most powerful antibiotic available—and whose germs had to be eradicated after his death using a sophisticated combination-drug therapy.

Some of the super-bugs (e.g. pseudomonas, Staphylococcus) encountered in hospitals worldwide have **forced some institutions to close down** due to high mortality rates caused by the antibiotic-resistant bugs. There have even been

Effects of Antibiotic Overuse

- Destruction of beneficial intestinal flora
- Allergic reactions and the development of new allergies
- Development of resistant microorganisms
- Immune suppression
- [Candida overgrowth](#)
- Nutrient loss
- Treating effects not causes

Related Products

[ImmunityPlus™](#) -

reported instances where hospitals were demolished because they could not eliminate the organisms.

Perhaps even more disturbing is the **increasing rate of hospital-acquired infections**, which is currently at 10%. Vulnerable populations such as newborns, geriatrics, and immuno-compromised patients undergoing treatments for cancer, HIV, and other illnesses are at an even greater risk.

Another clear reason to worry is the **decline of new antibiotics approved** by the FDA, as well as in the decreased number of companies in the process of developing new ones. According to the San Francisco Chronicle, in the mid-1980s, 16 antibiotics were approved over a five-year span. That number has dropped to *five in the last five years*, most likely contributed to the fact that medications for conditions such as [depression](#) and [cholesterol](#) are far more profitable.

Legislators have tried with **little success to encourage the development of new antibiotics**. Last September, President Bush signed the FDA reauthorization bill, which featured financial incentives for manufacturers.

In the meantime, there is much we can do to help [strengthen the body's immune system naturally](#). Studies have shown that bacteria have a hard time populating and reproducing in a **healthy digestive system**.

Since **most of our immune health is tied to our digestive track**, it is essential to have proper amounts of digestive flora. These beneficial strains of bacteria ward off the bugs that cause bacterial infections. A sluggish metabolism will hardly promote a healthy intestinal environment.

[Triple Complex Digestion Tonic™](#) promotes health and balance in the digestive tract and supports healthy digestive functioning. [DigestAssist™](#) promotes healthy digestion and comfort after meals. For full immune system support, visit [ImmunityPlus™](#).

Other Ways to Avoid Viruses & Getting Sick

One of the best protections against the spread of dangerous germs is also one of the simplest. Whether you are at home or in the hospital, washing hands thoroughly and often is **the best**

Support the natural ability of the immune system to maintain energy levels and fight fatigue

[KiddieBoost™](#) - Support healthy immune functioning in children

[Triple Complex BronchoSoothe™](#) - Promote respiratory health and support open airways for normal breathing

[Candidate™](#) - Support the body's natural ability to control systemic candida levels and balanced pH levels

[ComfiCoff™](#) - Promote comfort in the throat and chest - suitable for children and adults

[UTI-Clear™](#) - For complete urinary tract and bladder wellness

[Kidney Dr.™](#) - Support the urinary system and promote healthy kidney function

way to stay healthy! Wash your hands throughout the day with warm soapy water for at least 20 seconds.

Other helpful tips include:

- To avoid cross contamination, raw meat should be kept separate from ready-to-eat foods
- Wash your hands and all utensils that have been exposed to raw meat with hot, soapy water
- Drink only pasteurized milk or juice
- Food should be cooked or cooled down as quickly as possible
- Beef should preferably be cooked well-done
- Pork and poultry should be completely cooked
- Keep track of expiration dates, especially for meats, and try to only use the freshest produce you can find
- The use of condoms during sexual intercourse reduces the likelihood of spreading [sexually transmitted diseases](#) caused by bacteria such as Chlamydia trachomatis and Gonorrhea

Also...

Bacterial infections can only be diagnosed via blood tests - don't assume because you have a [cough](#) or runny nose that you have a bacterial infection.

If you have an infection and are prescribed antibiotics make sure to follow directions and complete the full treatment- don't auto-medicate yourself.

Antibiotics do not distinguish between the good and bad bacteria they kill. Make sure to replenish your intestinal flora with beneficial probiotics found in yogurt, cultured milk, and a number of fortified products.

*"I don't usually write these letters but I feel compelled to thank you and congratulate you on a superb product – **ComfiCoff**. It was recommended to me by a colleague and, after my initial hesitation, I decided to try it for my daughter. I have always been a bit skeptical of natural remedies but after trying ComfiCoff I am converted! Based on my experience with ComfiCoff, I will definitely be trying some of your other remedies." - **Ms K McKinley***

"Several months ago I donated one of my kidneys to my son. Although I would do it again in the blink of an eye, I felt pretty awful afterwards- apart from the pain of surgery of course. I

wanted to help support my remaining kidney. I came across your **Kidney Dr.** and ordered it immediately. I am so pleased I did because it has helped me tremendously." -**Don, USA**

"For years I suffered. There are a lot of products are to be found; I lost count of the number of different ones I tried. One day while looking for yet another product to try, I came upon this site. Unlike a lot of other sites, it did not base its help strictly through vitamin C. To my utter surprise, after 17 days of use I started to feel more alive than I had felt for a long time. I have continued using **ImmunityPlus** for a few months now, and the effect has been very good health. As this was the cheapest product, it was the one I expected the least from-- but it is in fact the one I have gained the most from! I strongly recommend using this site. My latest order came today, only 5 days after order (I live in the UK)." - **Garry, UK**

How Clean is TOO Clean?

Food Safety Tips for the Office

They say cleanliness is next to godliness, but it can't give us immortality- and actually being *too* clean can kill.

Here are some helpful tips to keep your home clean *and* safe:

- Don't abuse antibacterial soaps and detergents: They're good to have on hand, but for the most part, doctors recommend washing your hands thoroughly with warm water and regular soap for approximately 20 seconds. Hands should always be washed after using the restroom and before eating. These habits can be taught to children early on.
- Disinfecting every surface in your house is hardly necessary: We need to be exposed to a certain amount of microorganisms in order for our [immune systems](#) to develop the proper defense mechanisms. Furthermore, the chemicals present in many cleaning products such as bleach and multi purpose cleaning agents can actually be extremely toxic.
- Avoid cross contamination when cooking: Cutting boards for pork and poultry should



preferably be made of a non porous material such as plastic.

- Garbage should be taken out daily: Festering garbage is a breeding ground for harmful bacteria and lead to [infection](#).
- Open windows and let air circulate throughout your home: We may have become accustomed to artificial temperature control in many modern cities, but fresh air is best whenever the weather permits it.
- Linens and towels should be changed and washed weekly: Towels and sheets can harbor germs and should therefore be changed once a week.



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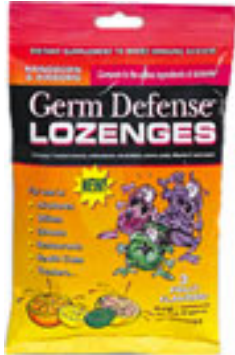
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Getting sick (or at least
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back in the old da



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