

Influenza - Flu Virus: Nature's Defense for Flu Season How to Fight the flu...and Win.

The Flu Season is Now Open Season

Swine flu, bird flu, SARS, seasonal flu, rhinovirus... Lately, it seems that it is open season on the human population for viruses. The CDC and the World Health Organization have long warned of an impending, deadly, global pandemic. Will it be this year? Next year?

Conspiracy theories abound. Whispers about laboratory mutated militarized flus abound. Contaminated vaccines have been found, people are up in arms with concerns about toxic vaccines...

We do not enjoy wasting our time with problems. We would rather place ourselves within a sphere of solutions. It is for those brave souls who are also solution-oriented that we present this article. We do not present with nor do we side with any political agenda or ideology. We do not present with nor do we side with or against any medical model or ideology, nor do we present with or against any nutritional philosophy. The sole purpose of this presentation is to educate people to empowerment and to help alleviate suffering.

In this article, we suggest a solution-oriented approach to managing the flu scare for a worse case scenario: A deadly flu outbreak where no medical assistance is available.

The learning curve for some of the methods outlined below can be very high for those not familiar with the natural and alternative approach to dealing with acute illness. We strongly suggest that proactive individuals study the methods and become familiar with them... well before they become needed.

The outline below is not purported to be a flu cure; rather, it is the most advanced natural flu management system that we have been able to develop over the years for our own family. We feel moved to share it with you.

It is ****not*** a substitute for professional medical assistance.

What is the Flu?

The flu is an illness associated with an attack on a host organism by a particular group of viruses (the influenza viruses). There is no medically known cure for a flu viral infection; medical treatment is limited to palliative care managing potentially lethal symptoms of the infection.

A virus is an infectious organism that invades a host in order to replicate itself. Viruses consist of either DNA or RNA, encapsulated in a protective coating made

from protein. Viruses are extremely small, ranging in size from between 30 - 450 nanometers in diameter. This is between 20 and 100 times smaller than bacteria.

A virus attaches and invades a healthy cell during an attack. It does this in order to replicate its own genetic material; a virus is not capable of reproducing outside of a living cell. The virus attaches itself to a cell by docking. Viruses use a sort of chemical locking mechanism in order to identify and attach to vulnerable cells. During this replication process, the virus enters the host's cell and the invaded cell is often either damaged or killed. Illness results.

There are three primary versions of the flu virus: Influenza A, B, and C. Influenza types A and B are the more dangerous viruses responsible for the pandemics. Infections in human populations are cyclic, occurring once to twice yearly. These viruses are constantly mutating, which is why they are so successful at evading a host's immune system response. The body must "relearn" to fight each new strain that the host comes in contact with.

In people, a flu infection is identified by the set of symptoms that an individual presents with. The symptoms are generalized, and infected individuals may have some or all of the symptoms:

Fever
Respiratory ailments including cough, sore throat, runny/clogged nose
Headaches
Muscle Aches
Fatigue
Vomiting
Diarrhea

It is generally considered that vomiting and diarrhea are not prevalent in flu cases. However, we have seen a rise in extreme flu cases that include vomiting.

Complications from a flu infection, including pneumonia and dehydration, can lead to death.

In the "old days", the flu virus predominately killed the older and weaker members of society. However, the newer strains are threatening younger populations.

How Is the Flu Transmitted?

It is generally believed that the flu viruses are transmitted as airborne organisms that invade the upper respiratory tract. However, there is an important theory that states that the flu virus, or an accompanying co-infection, may actually incubate in an individual's ear canal.

Infection can also occur via surface contamination. Droplets from the respiratory system can land on surfaces via a cough or a sneeze.

How can Flu be Prevented?

The flu can be prevented by effective vaccination. However, there are an increasing number of people who believe that flu vaccines are neither safe nor effective. Others believe that vaccination itself is going to be responsible for the next deadly pandemic. The choice to vaccinate or not should be an informed, individual one.

Obviously, the flu can be prevented by isolation/quarantine, although this option is rarely feasible.

In some countries, individuals who have a cold or the flu wear masks to help prevent the spreading of the virus. Individuals coughing and/or sneezing is the primary method that the viruses are transmitted among human populations.

Proper sanitation methods can also help reduce the spread of viruses. Keeping surfaces clean is an important step in reducing the chance of infection, including an individual's hands.

Stage I: Flu Prevention Protocol

The best way to prevent a dangerous flu infection is to cultivate a strong immune system. A few suggestions:

Eliminate processed sugars and food from the diet

Get plenty of exercise, even if the exercises are non-cardio (such as Qi Gong or Tai Chi)

Supplementing with silver: Take one to three ounces of isolated, [oligodynamic "colloidal silver"](#), each day. The dose should be spread out through the day (such as one ounce taken three times daily)

At least two grams of vitamin C daily as a supplement.

One teaspoonful to one tablespoonful of healing-grade internal-use clay (calcium bentonite/montmorillonite) three to four days per week.

Add immune-system boosting foods to the diet, including raw garlic, and metabolism stimulating substances such as cayenne pepper.

Take two to six [East Park Research Olive Leaf Extract](#) daily (or their flu ban product)

Properly hydrate the body by drinking plenty of clean water.

Stage II: Symptom Onset

There is a very small window of opportunity to stop a flu infection in its tracks: The first hour or two when symptoms first present.

Vitamin C Therapy

It is important to start increasing the amount of vitamin C immediately. According to Dr. Robert Cathcart, M.D., a noted vitamin C expert, it takes 100,000 to 150,000 milligrams (that is an incredible 100 to 150 grams) of vitamin C taken daily to address an influenza infection.

It is not likely that an individual will be able to quickly reach this high dosage level via oral administration. If IV Vitamin C treatment is available, this is the best option. Otherwise, an individual should start to take as much vitamin C as can be tolerated throughout the day. Tolerance is determined by the loose stool method; once stools loosen, reduce the amount of vitamin C by about 25%. The body will only tolerate so much vitamin C, **so it is far better if your body is already accustomed to taking larger amounts of Vitamin C.**

Oral Use of Colloidal Silver

Increase the amount of colloidal silver taken; CS should be taken in one to two ounce doses, also throughout the day. For short term use, there is no danger in ingesting large amounts of colloidal silver provided that the product has been created properly. If a sore throat is present, the two ounce dose should be taken in sips whereby the silver hydrosol trickles down the throat, coating it; this "trickle down" dosage method should be done, if possible, every fifteen to thirty minutes.

Olive Leaf Extract

Increase the dosage of the olive leaf extract supplement to tolerance; this should at least be three capsules taken three to four times daily, with food. Olive leaf extract can cause digestive discomfort in some people. So, again, it would be wise for an individual to already be aware of their personal threshold.

H2O2 Colloidal Silver Ear Treatment

Some researchers believe that the flu virus actually incubates in the ear canal. Whether or not this is actually the case or not, we highly recommend not underestimating the power of the H2O2 / Silver ear treatment protocol.

Treat each ear by filling up the ear canal with a CS/H2O2 solution for ten to twenty minutes, every two hours during the day until there is no reaction in either ear (and no symptoms of the flu). To do so, an individual should lie down on one side, with the ear to be treated pointed toward the ceiling.

To make the CS/H₂O₂ solution, simply add 1/4 ounce of colloidal silver to one ounce of 3% hydrogen peroxide. This solution should be made fresh and used within a 48 hour period for best results.

Other Supplements

A zinc supplement or zinc lozenges can and should be used if available.

Stage III: Flu Critical Care Protocol

Once the body begins to deteriorate, the above suggestions (Stage II) should still be followed if possible.

If the infection has spread to the lungs, it is critical that a [high quality colloidal silver](#) (and only colloidal silver) be used in-lungs as soon as possible and as often as possible.

While some people use a humidifier to deliver silver into the lungs, we strongly believe that an ultrasonic nebulizer be used, or even an [oxygen nebulizer](#). It is important to deliver the silver deep into the lower lobes of the lungs.

If the individual begins to weaken due to reduced oxygen intake from pneumonia, then cayenne pepper should be used sublingually (as described in our [cayenne silver](#) article) just prior to the silver inhalation therapy.

In the worst cases of these "new" flus, vomiting and diarrhea occur, making it impossible to use any oral supplements or nutrients. The individual may go into shock, and a fever may not present at all. Dehydration will set in almost immediately. Shock management will be required (warm blankets, elevated feet, etc.). IV fluids may be necessary to treat dehydration.

It is critically important that after every vomiting bout, the individual start to ingest small amounts of clay water... even if the individual just ejects the fluid again. It would be even better to add a small amount of colloidal silver and prehydrated clay water into a balanced electrolyte (even pedialyte). The individual **MUST** keep this up no matter how uncomfortable, or risk death due to either toxicity/shock or dehydration (when no IV fluids are available).

If the flu gets this bad, then healing clay packs on the head are necessary. Take a prehydrated clay gel/magma, and pack it all across the forehead about 1/2 inch to 3/4 inch thick. Cover with a clean cloth. Change the clay poultice every thirty minutes to 1.5 hours.

If an individual is strong and stable enough for tepid (gently warm) clay/sea salt hip baths or full baths, then a detox bath will help. If an individual is in shock and in and out of consciousness, then this will not be possible.

All of this is considering that **professional critical care is not available**. With the above treatments successfully in place, and with careful nursing, the individual should stabilize within 12-24 hours.

Even if flu symptoms persist, the Stage IV recovery protocol should commence... once the individual is capable of taking in nutrients via oral ingestion.

Stage IV: Flu Recovery

With extremely severe cases of the flu, the body can become critically fatigued. The body still needs an abundance of balanced electrolytes for the detoxification process. The body's immune system still needs full support (olive leaf extract, colloidal silver, etc.) during the early stages of recovery.

The most critical component to a rapid recovery is to provide the body with rich nutrients **without overwhelming the body's digestive organs**. The body still needs to spend what little energy it has for the healing and recovery process, not in trying to digest foods.

The best way to deliver the much needed nutrients to the body while supporting the cleansing and detox process is with specialty soups.

A chicken bone broth is the perfect starting point. The Weston Price Foundation has a few great articles on making healing soup broths.

[Bone Chicken Soup Broth](#), by Sally Fallon, is an excellent place to begin learning about making fresh soup stock.

For those individuals who have difficulty finding the kitchen, organic soup stock can be purchased from stores such as Trader Joe's and Whole Foods Market.

The following recipe, built upon a quality chicken broth stock, is our recipe which was custom developed for critical care situations for severe acute illness. Prior to using the recipe, please make certain that the individual is not sensitive to any of the ingredients.

For those individuals who need to eat gluten free, rice noodles can be used (or no noodles at all).

While lower quality ingredients can be used successfully, the higher quality the ingredients, the better the end result. The core ideas behind this soup recipe were taken from the principles outlined by Raymond Dextreit, the famous French Naturopath.

The instructions must be followed correctly in order to preserve the healing properties of the soup, following the precepts of herbology; in fact, what the soup

actually is, is a decoction of precious volatile oils and active enzymes in a well cooked broth.

STEP ONE

Place two quarts of chicken soup stock in a medium sized pot. Turn the heat on to bring the soup stock to a boil. While waiting for the soup to heat, add:

1 ½ tsp of inland sea salt (such as Redmond Salt; non-ocean)

½ tsp cayenne (high heat - 90,000 - 145,000 HU, such as provided by Dr. Schulze)

1/8 tsp red chilli pepper - dried peppers are fine

1/8 tsp of tumeric - powdered tumeric is fine

1/8 tsp oregano - dried oregano is fine

1/8 cup finely chopped root vegetables (such as carrots)

½ - 1 cup Shitake mushrooms

8 slices of ginger

Bring all of the above ingredients to a boil.

STEP TWO

(Optional) Once the soup stock is boiling, add 6 oz. of extremely fine noodles. Organic Japanese noodles by Hakubaku is an excellent choice for those who are Gluten tolerant; organic rice noodles are an alternative. Or, the noodles can just be omitted. The only purpose the noodles serve is to provide some carbs.

Boil all the ingredients for three to four minutes.

STEP THREE

Remove the pot from heat, and allow the soup to set for about two minutes. Next, add the following pre-prepared ingredients to the soup:

¼ cup chopped cilantro

¼ cup chopped onion

The juice of 5-6 small lemons

¾ cup **first cold pressed** olive oil

2 bulbs of finely chopped garlic

Add all above ingredients and let sit for 5 minutes, remove ginger root, then serve.

Ingredients may be added to the soup recipe to suit, provided that they add no **digestive burden**.

Please note that while it seems that some of the ingredients are excessive, each balances the other perfectly to deliver the much needed nutrients that the body so desperately needs.

Clay and sea salt baths may be used again at this point to assist the body in cleansing.

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