



About the H1N1 flu vaccine

November 3, 2009

I just spent the weekend at a medical conference learning from a group of leading MD's... none of whom will take or administer the new Swine flu vaccine. They report that the H1N1 Flu virus is a relatively weak strain that lasts typically 2-5 days, it statistically kills far fewer infected people than those infected with other common strains of flu. Intentionally fortifying your immune system is the best prevention or remedy.

From: Dr. Russell Blaylock, M.D.

No one should take the swine flu vaccine. It is one of the most dangerous vaccines ever devised. It contains an immune adjuvant called squalene (MF-59) which has been shown to cause severe autoimmune disorders such as MS, rheumatoid arthritis and Lupus. This is the vaccine adjuvant that is strongly linked to the Gulf War syndrome, which killed over 10,000 soldiers and caused a 200% increase in the fatal disease ALS (Lou Gehrig disease). This virus H1N1 kills by causing a "cytokine storm," which means that it cause the body's immune system to overreact and that is why it is killing young people and is a mild disease in the elderly. (The elderly have weakened immune systems.) This vaccine is a very powerful immune stimulator and carries the real possibility of making the lethality of the virus much greater.

One's best protection is vitamin D3. One should take 5000 IU a day now and when the disease begins to spread increase the dose to 15,000 IU a day. Vitamin D3 modulates the immune reaction, reducing the chance of an overreaction and stimulates the body to produce what are called antimicrobial peptides, which are powerful killers of viruses that does not involve immunity. This is dose related, which means the higher the dose of vitamin D3 the better the protection. Fish oils also reduce immune overreaction. One teaspoon a day should be sufficient. For severe symptoms, one teaspoon twice a day. Antioxidants of various kinds also help. This includes, quercetin, curcumin, grapeseed extract, vitamin C and natural vitamin E. A good multivitamin/ mineral is also essential.

BIO: RUSSELL L. BLAYLOCK, M.D.

Dr. Blaylock is a board certified neurosurgeon, author and lecturer. He attended the LSU School of Medicine in New Orleans and completed his general surgical internship and neurosurgical residency at the Medical University of South Carolina in Charleston, South Carolina. For the past 25 years he has practiced neurosurgery in addition to having a nutritional practice. He recently retired from both practices to devote full time to nutritional studies and research. At present he is a member of the American Association of Physicians and Surgeons, the American Nutraceutical Association, the International and American Associations of Clinical Nutritionist, the International Academy of Oral Medicine and Toxicology, and the American College of Nutrition,

We can provide the necessary supplements to naturally combat the H1N1 flu. Please come by the store and talk with me if you have further questions.

Mary Brickell
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