



# Gensel Wellness Center

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## Flu Season

No one likes to get the flu. But, is the flu vaccine the answer? We know that regardless of whether or not you get the flu shot, you can still come down with the flu. Even with all of the marketing and scare tactics we see on TV, radio and magazine ads about the need to get the flu vaccine, only 1/3 of the US population actually gets the flu shot. If the flu vaccine is as effective as the CDC wants us to believe, why don't more people get the flu shot?

First of all, many question the effectiveness of the flu vaccine. There is no single virus that causes the flu; there is no one flu vaccine that protects against all of them. The flu shot is only as good as the educated guesses of a group of vaccine researchers across the globe. Every February, they try to predict which flu viruses will work their evil during the next fall and winter. Their three top choices are put into the vaccine. Now, if the flu vaccine happens to be on-target, there's the potential for it to be more effective but it's really dependent upon the health of your immune system. Even then, the vaccine isn't perfect because viruses mutate. Even in the best case scenario, it won't always protect against the flu.

A severe cold can mimic the flu. There are more than 200 cold viruses, they mutate a lot, and virtually everyone comes down with one from time to time. Although the worst colds might feel like the flu, lots of people say they have the flu when they really don't. Two years ago, only 13% of people who were tested after reporting flu-like illnesses actually had the real thing.

According to the CDC, "*On average, 226,000 people are hospitalized every year because of influenza and 36,000 die – mostly elderly.*". Of those who are hospitalized or die because of flu complications, how many of these have preexisting health conditions? If you have a preexisting health condition, your immune system will be more weak and unable to mount a strong attack against the flu virus. The health of the immune system is the most important aspect of protecting yourself from flu complications. In a study published in *Vaccine* May 2007, 80 case-patients were identified as having been hospitalized for complications from influenza in eastern Thailand. Of those 80 cases, those less than 1 year old were 6.2 times more likely to have complications and those over 75 years of age were 11.1 times more likely to have complications compared with the overall population. The complicated cases were also 7.6 times more likely to have chronic respiratory disease. In Thailand, the young, elderly, and those with chronic disease were at high risk for hospitalized from complications from influenza. In other words, generally healthy people do not need a flu vaccine.

Only small populations and short-term info are used to measure safety of the flu vaccines. Adverse-events reporting, for instance, is done for only 2 to 14 days after an injection and it's voluntary. According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our times (nearly 850 papers in peer review journals), "if an individual has had five consecutive flu shots between 1970 and 1980 (the years studied), his/her chances of getting Alzheimer's Disease is 10 times higher than if they had one, two or no shots". Alzheimer's is now the 7<sup>th</sup> leading cause of death in the United States.

In an article published in *Expert Review of Vaccines* August 2008, authors state, "In 2005, Fluarix (an inactivated flu vaccine) underwent accelerated approval for use in adults by the US FDA following one US-based, randomized, placebo-controlled trial that established its safety in adults.". The authors went on to say, "There are no published clinical trials evaluating the effectiveness or efficacy of Fluarix against influenza and its complications.".

With regards to the flu vaccine, the healthy population does not need it. The safety and effectiveness have been called into question therefore even those very young, the elderly and those with preexisting health conditions should avoid it as well. There are safer and more effective ways to prevent colds and flu.

Nutrition is a critical determinant of immune responses and malnutrition the most common cause of immunodeficiency worldwide. Poor protein intake is associated with a significant impairment of immune defense. Deficiency of single nutrients also results in poor immune responses. This is observed in even mild deficiency states. Zinc, selenium, iron, B-6, folic acid and vitamins A, C, and E have important influences on immune responses. Poor weight management and obesity also reduce immunity. In the elderly, impaired immunity can be enhanced by modest amounts of a combination of vitamins and minerals.

### Cream of Chicken Soup

2 C chicken stock or bouillon  
 2 small potatoes, peeled, diced  
 1 large carrot, peeled and sliced  
 ½ C celery, chopped  
 ¼ C celery leaves  
 salt and pepper, to taste

Bring stock to a boil. Add vegetables, salt, and pepper and return to a boil. Cover and simmer for 25 minutes. Pour into a blender and liquefy. Serve hot. If soup is too thick, use more stock or water to thin.

Yields about 3 cups.

**Are you getting sick every winter?**

**This may be an early warning sign. Don't Guess About Your Health... Schedule a Nutritional Consultation Today!**

**Our office provides this monthly newsletter free of charge. If you would like to sign up to receive our monthly newsletter and announcements via email, please contact our office**

#### To Prevent Colds and Flu (adults)

1. Strictly avoid all dairy: review our April 2008 and May 2008 newsletters on Dairy.
2. Stay hydrated: drink 1 qt of water per 50lbs of body weight (no need to go over 3 qts per day).  
Review our July 2008 newsletter on Hydration.
3. Get adequate protein: when you sit down for your main meals, 25% of your plate needs to be of a protein source: seeds, nuts, sprouts, quinoa, chicken, eggs, fish, etc.
4. Exercise at least 30 minutes, 3 days per day.
5. Supplementation for the Fall and Winter: (for a 150lb adult)
  - a. Take a high potency multiple vitamin. Be sure to review our June 2008 newsletter on Choosing a Multiple Vitamin.
  - b. Lauricidin: take one scoop each day.
  - c. Vitamin C: take 3000mg of Vitamin C each day.
  - d. Vitamin D: take 5000IU of Vitamin D<sub>3</sub> (cholecalciferol) each day. Review our November 2007 newsletter on Vitamin D.
  - e. Zinc lozenge: one 15mg lozenge per day.
  - f. Spread these dosages throughout the day with meals.  
Do not take the full dose in one sitting.
  - g. Be sure to take advantage of our Flu Prevention Pak sale September 22-26!

#### Prevention for kids

#1 thru #4 are the same.

Supplementation for the Fall and Winter: (40-100lbs)

- a. Take a high potency multiple vitamin for kids.
- b. Lauricidin: take ½ scoop each day.
- c. Vitamin C: take 500-1000mg of Vitamin C each day. If your child doesn't like chewable Vitamin C, try the Emergen-C for kids.
- d. Vitamin D: take 1000IU of Vitamin D<sub>3</sub> (cholecalciferol) each day.
- e. Zinc lozenge: ½ of a 15mg lozenge per day.
- f. Spread these dosages throughout the day with meals.  
Do not take the full dose in one sitting.

#### Cold and Flu Relief for Adults

So what do you do IF you do come down with a cold or the flu?

1. Strictly avoid all dairy.
2. Stay hydrated: drink 1 qt of water per 50lbs of body weight no need to go over 3 qts per day.
3. Supplement: (for a 150lb adult)
  - a. Take a high potency multiple vitamin.
  - b. Lauricidin: take 3 scoops per day.
  - c. Vitamin C: take 3000-4000mg of Vitamin C per day. Try Emergen-C drinkable Vitamin C. They help you stay hydrated, are effervescent and settling to the stomach. If the cold or flu persists, seek the advice of nutrition specialist.
  - d. Vitamin D: take 5000IU of Vitamin D<sub>3</sub> (cholecalciferol) each day.
  - e. Echinacea: 150mg, 6 times per day.
  - f. Zinc Lozenges: Take 4-6, 15mg zinc lozenges for a few days.  
Watch out for hidden artificial colors and sweeteners.

#### Relief for kids

#1 and #2 are the same.

Supplement: (40-100lbs)

- a. Take a high potency multiple vitamin.
- b. Lauricidin: take 1-2 scoops per day.
- c. Vitamin C: take 500-1000mg of Vitamin C per day.  
Try Emergen-C drinkable Vitamin C for kids.
- d. Vitamin D: take 1000IU of Vitamin D<sub>3</sub> (cholecalciferol) each day.
- e. Echinacea: Get a good children's echinacea from your health food stores. Take as recommended on the bottle. Watch out for hidden artificial colors and sweeteners.
- f. Zinc Lozenges: Take 1-2, 15mg zinc lozenges for a few days.  
Watch out for hidden artificial colors and sweeteners.

Federal Law requires that we warn you of the following:

1. The information provided in this article is for educational purposes only.
2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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