

A Natural Flu Shot

At this time of year, we begin to think about Jack Frost and the cold days and nights he brings. We begin selecting clothes from our winter wardrobe, choosing soups and stews to warm us during mealtimes, and enjoy the idea of having a fire in the fireplace.



But the icy days of fall and winter also signal the start of cold and flu season. Radio, television, and print media besiege each one of us that a flu shot is a must. What is a person to do?

In order to make an informed decision, it is important to understand the purpose of a vaccine. The theory of vaccination is this: you take disease organisms (viruses and bacteria) and you weaken or kill them and then inject the weakened or killed organisms into the bloodstream. The body still sees these organisms as foreign invaders and mounts an immune defense against them, which means the body is now prepared with the right antibodies to defend itself if the real disease comes along.

The vaccine is not what makes you immune. It only challenges your immune system. It is the immune system's response to the vaccine that creates immunity(at least in theory).

Therefore, you must agree that the real hero here is your own immune system. When I reasoned this out many years ago as a young professional, I decided that I was not going to vaccinate myself or my patients. Instead, we were going to focus on having strong immune systems. I have not regretted that decision.

It is worthwhile to take steps now to winterize your immune system. Through the years, we have seen the benefits of being prepared ahead of time to resist whatever is going around. Here are some specific tips and suggestions:

Swallow Some Sunshine with our liquid Vitamin D3 with Vitamin K2

One of the factors that makes our immune system work better in summer is that our skin manufactures Vitamin D, an essential nutrient, when it is exposed to sunlight. In addition to having a powerful effect on the immune system (and many functions in the body), Vitamin D is also essential for preventing some types of cancer and building strong bones and teeth.

Native people living in cold, northern climates naturally supplemented both vitamins A and D by eating raw animal livers during the winter. It was once assumed that fortifying milk with vitamin D2 would be adequate to keep modern people from developing deficiencies, but vitamin D2 is not as readily useable as vitamin D3, which is found naturally in animal foods like raw liver. Furthermore, there are many people who cannot or will not drink milk, so supplementing is best. Our Vitamin D3 supplement contains Vitamin K2, which is the key that unlocks the door of your bloodstream to let calcium flow into your bones and bone marrow.

Conclusion: Your first step in winterizing your immune system should be to take one of our vitamin D3 supplements.

Build Defensive Lung Support

To keep you from getting ill, I feel that it is also important to fortify your lungs and colon. This makes sense, since the mucous membranes of your respiratory and digestive tracts are the primary route where infections are likely to enter. In fact, science instructs us that most of the immune response is concentrated in the digestive and intestinal membranes. As a result, many of us see the weeks prior to the holidays as an ideal time to detoxify.

Breathing cold air can be one of the reasons why some people are more susceptible to contagious diseases in the cold winter months. This is due to the moist protective layer of the inner nose becoming dry, allowing pathogens to wage a more immediate attack. Fortunately we have herbal formulations that build up one's defenses and protect your body from the cold weather.

We also focus on specific nutrients applied to specifically strengthen the lungs while building the immune system. It is especially valuable for the elderly, who often develop pneumonia as a secondary infection to the flu. We have patients who live in areas where the air is extremely cold and dry, and who would not be without our respiratory immune support each winter. These are just a few of the many examples of how each year we help patients keep their immune systems in tiptop shape.

Since I made the decision years ago to avoid flu vaccines, my reasoning has been consistently and increasingly substantiated by scientific facts. But I could not have opted out of vaccines if I had not simultaneously given good nutrition its valuable place in keeping us strong and resistant to illness.

Whether you choose to vaccinate or not, you cannot ignore the importance of eating well. I am appalled when I see parents putting soda in a baby bottle to give to young children. It shows how ignorant many people are of the importance of good nutrition.

Additionally, we must take deliberate steps to get adequate amounts of restful sleep. Those who take sleep medications are not getting deep, restorative sleep and need to attain resolution to their sleep disruption.

Immunity is also linked to our mental and emotional state. Refuse to allow negative words - whether they are your own or someone else's - to linger in your mind for more than a few minutes. You do have control over your thoughts and state of mind. Stress causes a weakening of the immune system in children and adults and demanding, abusive, negative people are the biggest sources of stress.

Finally, I deliberately boost immune systems with herbs of the highest quality. Unlike vaccines which challenge the immune system, the plant kingdom actually has remedies that boost it. I call these remedies my herbal vaccines. I have favorite ones for both children and adults that can be given even before something is going around in order to augment the immune response.

When I think back to that sincere commitment that I made of wanting to protect and care

for each of us, I am very glad I decided to build and enhance immune systems in this powerful and effective way. I raised my son applying these same principles and he is proof that they work. Also a physician, he is exposed to many contagious illnesses but remains immune.

I stand behind my decision to not vaccinate and focus on building the immune system instead. But even if you do choose to vaccinate, these suggestions for boosting the immune response are still important, because it is the immune system and not the vaccine that ultimately keeps you well.

We give natural flu shots that are minus the injection, and they carry no risks. Get yours while supplies last.

Intellectuals solve problems; geniuses prevent them.
Albert Einstein