

The Killer Flu Virus

Preparing for an Epidemic

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HEALTH REPORT FROM HARVESTIME BOOKS

What should you do to protect yourself against the H5N1 avian ("bird") flu virus? Indeed, is there anything you can do? Because of the extreme danger that a worldwide epidemic of avian flu may occur, I have researched the available data on this subject. Here is information you may wish to read over and consider. Some of it may be helpful in the days ahead.

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To start with, you should read pp. 17-26 in our large 840-page *Natural Remedies Encyclopedia*. That section contains a wealth of basic information on how to strengthen your body, make it healthier, and increase your immune system, plus basic ways to care for your body in time of illness.

You will also want to turn to pp. 221-230 in that extremely useful book. You will there find a large number of inexpensive home remedies which you can use to treat *catarrh (excess mucus)*, *the common cold*, *coughs*, *chills*, *inflammation*, *influenza (normal flu)*, *viral infections*, *staph infections*, and *fungal infections*; plus information on special *antibiotic herbs*, special *herbal antiseptics*, and special *water therapies* which fight infectious diseases.

The remarkably complete chapters on *herbs* and how to use them (pp. 107-152), and how to give *water therapy treatments* (pp. 153-211) will provide you with excellent, helpful information. The chapter on *nutrients* (pp. 84-106) is filled with invaluable information on vitamins, minerals, and other nutrients which can help you ward off viral infections. Vitamin C is especially valuable.

LITTLE IS YET KNOWN

An avian flu epidemic has not yet occurred; so no one can have any certainty as to what would, or would not, help alleviate the symptoms and help a patient recover.

To date, less than 150 cases of avian flu have occurred and less than 100 have died from it. Most avian flu illnesses have occurred in primitive areas; and, before physicians realized what was happening, the infection was well-advanced and few medical records were taken. It is not even known if the most talked-about drug for avian flu (Tamiflu) will really be effective.

As with all other anti-viral (and anti-flu) drugs, in order for Tamiflu to be optimally effective, it must be given within the first 48 hours or so of the onset of any kind of flu. Medical experts report that many victims of avian flu did not actually receive this drug until six to eight days into the avian flu illness.

SUGGESTIONS FOR AVOIDING THE AVIAN FLU VIRUS

In addition to the above-mentioned data in the *Natural Remedies Encyclopedia* for treating common colds, normal flu, and similar infections, **here are additional natural remedies which are focused on what might possibly prevent avian flu virus from overwhelming you, in case of an epidemic:**

Maintain a regular program of eating a good diet of fruit, vegetables, and nuts. Do not overeat. Do not eat processed food, white-flour products, meat prod-

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ucts, or foods with added sugar. Do everything on a regular schedule. Obtain extra rest at night. Do not stay up late. Drink lots of water. Eat nothing between meals. Do not use tobacco, alcohol, or hard drugs.

When you first hear news reports that human to human transmission of avian flu virus has begun somewhere in the world, go into action. It is believed that, once the epidemic begins, it will rapidly spread into every continent on the globe. Consider these suggestions:

Obtain even more rest than usual, and begin taking extra precautions. Do not wait for a full-blown illness to begin in your body! People often wait until they are sick before trying to solve the problem. Avian flu is the most dangerous illness in our generation. Experts declare that such an outbreak would be second only to a nuclear attack in severity of the number of people who would die. Do not wait. Begin preparing ahead of time.

Once you contract avian flu, it will quickly weaken and perhaps kill you within a few days. So you must make advance preparations.

Read again the above-mentioned pages in our *Natural Remedies*. In addition to taking your regular vitamin/mineral supplements, **when you learn that avian flu epidemic (that is, human to human transmission) has started somewhere in the world, consider taking some of the following:**

Pure Gar brand garlic (9,000 mg once or twice a day) or a similar high-allylicin brand. This is a powerful garlic concentrate, so you must eat food immediately afterward, or it can burn your stomach. Garlic has powerful antibiotic elements and is a massive virus killer, yet without the dangers of medicinal antibiotic drugs.

Kyolic-brand aged garlic extract (3,600 mg. a day). There are special immune-boosting compounds in this product, which work differently than those found in Pure Gar.

The virus-killing effects of garlic have been proven by repeated research findings. Both high-allylicin garlic (Pure Gar) and aged garlic (Kyolic) improve healthy immune function while exerting anti-viral effects. Low-

cost garlic is one of nature's most powerful weapons against certain viruses.

While *Ribavirin* is a prescription drug which has potent anti-viral effects, yet a Chinese study revealed that garlic is more effective than Ribavirin in inhibiting viruses that attack the intestinal track.

Concentrated garlic may be one of the best helpers mentioned in this entire research report.

Lactoferrin (1,200 mg a day). This is a natural constituent of mothers' milk and boosts natural killer cell activity. It can kill certain viruses. There is well-documented research on this. Pure vegans (who do not use milk or egg products) will want to avoid this product.

Lactoferrin may stimulate macrophages, which help induce cell-mediated immunity. Lactoferrin is naturally present in many mucous membrane secretions in people, but not in the large amounts that you would be taking in this dosage. It inhibits viral infection by interfering with the ability of certain viruses to bind to cell receptor sites.

DHEA (one 200-400 mg dose early in the day). Although this is a stronger dose than normal, it will help you produce a more decided immune response. This effect is most pronounced in older people who are DHEA deficient.

Dehydroepiandrosterone (DHEA) and its metabolites have shown powerful immune enhancing and anti-viral effects. When 50 mg was given to elderly men each day, they experienced a significant (30%-62%) increase in B-cell activity and T-cell activity; the number of monocyte immune cells and B immune cells; amount of interleukin-2 in the body; and the number of natural killer cells.

Older people naturally have weaker immune systems. A DHEA deficiency in the body is partly responsible for this problem. (Because of the cytokine reaction, do not take DHEA after being infected with avian flu; see the section on the "*Cytokine Problem*," later in this report.)

Melatonin at bedtime (high dose of 10-50 mg). This natural indole substance induces a powerful immune response. It will help you obtain the deep sleep often needed to avoid an infection. Because it will

FROM BIRDS TO PIGS TO HUMANS

In an earlier study on avian flu, I mentioned the problem of pig flu, as an intermediary between bird and human flu; but the following letter, written to us by an M.D., clarifies it even more:

"Check out *thepigsite.com*. Pigs are the door, or 'mixing vessel,' which will make the bird flu highly contagious to humans, so that it can pass from one person to another.

"Put 'mixing vessel' into the search engine of the above website, and you will learn how, within their bodies, pigs transform the bird flu virus.

"Many people own pet pigs, and if a pig gets the

human flu and the bird flu—at the same time,—the genes mix and create an infectious killer flu within its body.

Only pigs and humans can contract both human and bird flu. In the Bible, God forbade His people from even touching a pig. It is dangerous to touch or eat pigs.

"The reason most flu starts in Asia is because many of the poor people eat anything that moves, including cats, dogs, bears, horses, rats, and reptiles. When they catch, transport, butcher, and sell these meats in open air markets, they spread the virus."—*California*.

quickly make you very sleepy, only take this at bedtime. Do not drive a vehicle or operate machinery after taking it.

Melatonin has broad-spectrum immune-enhancing effects and decreases viral load. It activates interleukin-2 and gamma interferon, which are two natural hormone-like agents in the body which facilitate T-helper cell production.

To battle a viral infection, it generally works best to take higher-dose DHEA, in the morning (200-400 mg), and higher-dose melatonin (10-50 mg) before bedtime. (Because of the cytokine reaction, do not take melatonin after being infected with avian flu; see the section on the "*Cytokine Problem*," later in this report.)

Zinc lozenges (two 24-mg lozenges every two waking hours). Only take this dosage when the avian flu virus epidemic is rapidly spreading. This is a very high dose of zinc and is considered toxic if taken over the long term. You would only take this dosage for two days. Zinc weakens the ability of cold viruses from attaching to your cells. In order to avoid zinc toxicity, if you are taking any other zinc-containing supplements (such as a multivitamin), reduce this dosage appropriately. Again, as mentioned above, only take it for a couple days at the height of the epidemic crisis.

Several research studies have found that if zinc lozenges are taken within 24 hours of the onset of common cold symptoms, their severity and duration are greatly diminished. Zinc lozenges are inexpensive, so it is good to keep some on hand.

Here is the recommendation for common colds: Suck on two 24-mg zinc lozenges at the very first symptom of a cold and continue doing this every two waking hours. This must be done immediately; because, when the viruses bind to their receptor sites in the nasal tissues and begin replicating, zinc lozenges lose their efficacy.

Warning: chronic (ongoing) use of zinc in doses of 100 mg a day may suppress immune function. Sucking on two zinc lozenges every two hours over the course of a day can exceed 300 mg/day. But, if only taken for a couple days, this will cause no problem. If the viral infection continues, and you have been taking the high-dose zinc, stop taking it entirely after a couple days. (Normally, you would not take over 100 mg a day of zinc.)

Echinacea. This outstanding herb stimulates the body's immune system, helping it ward off infection and other diseases. It increases natural killer cells and protects those cells in older people. It is also effective in reducing the duration and severity of symptoms of common colds, coughs, bronchitis, and upper respiratory infections (take two 250-mg capsules 3 times a day, for not more than one week at a time.).

Green tea. This helps prevent and treat a wide range of diseases. It inhibits bacteria and viruses and protects the immune function.

Curcumin. This potent antioxidant, from the spice turmeric, produces decided anti-viral effects.

Vitamin C (ascorbic acid). This substance found in citrus fruits and green vegetables improves immune function and relieves cold and flu symptoms. High doses have been found to decrease cold and flu symptoms by 85% compared to pain relievers and decongestants.

Sambucol. This is a standardized extract from black elderberry. Studies show it has anti-viral properties against 10 different strains of the influenza virus. In one study, it reduced flu symptoms to 3-4 days.

DRUG INFORMATION

Drugs are so dangerous, I would rely wholly on natural remedies in an illness crisis. Yet there may be those who do not share my concern.

Should you take a drug? **Due to their damaging side effects ("contraindications"), all drugs are injurious to the body.** This is due to the fact that they do not contain the natural chemical compounds God placed in natural foods and herbs. Since only unnatural chemical compounds can be patented and sold at high prices, the pharmaceutical industry is only interested in marketing strange chemical compounds that are not found in nature.

Because of the serious consequences that a worldwide avian flu epidemic would produce, the following information is provided for those who might want information on drugs which could be taken during such a crisis:

Treatment with anti-viral (including anti-flu) drugs must begin within 48 hours of the onset of avian flu symptoms. However, avian flu may not be correctly diagnosed until later.

Ribavirin is a broad-spectrum drug which fights viruses. Yet it has been shown to cause hemolytic anemia in some people, by inducing excess free-radical damage to red blood cells. Those who take lots of natural antioxidants tend to avoid this anemia problem. But there is no data on using it with other drugs, such as Tamiflu or Relenza. Pregnant (or pre-pregnant) women must not take Ribavirin.

Tamiflu is said to be somewhat effective in treating the avian flu virus. Government agencies around the world are rushing to stockpile it.

Medical advisers recommend the normal dose of 75 mg twice a day for five continuous days, for regular flu. But, for avian flu, it is suggested that the dose should be doubled: 150 mg twice a day for seven continuous days. There is now a shortage of Tamiflu.

Relenza is another anti-viral drug which is being considered. It is readily available and functions by the same anti-viral mechanism as Tamiflu, but has the advantage of being administered as an inhalant and delivered directly into the lungs—where the most lethal effects of avian flu occur. But avian flu rapidly progresses to a systemic illness; and Relenza is not as effective in treating the disease elsewhere in the body.

Cimetidine (Tagamet) in the dose of 800 mg (and higher) each day boosts immune function by reducing T-suppressor cells, thus keeping the immune system

in a hyperactive state. It is especially effective against certain viruses. This over-the-counter drug is normally sold to combat heartburn. Like the other drugs, this one has its own collection of dangers (contraindications). (Because of the cytokine reaction, do not take Cimetidine after being infected with avian flu; see the section on the “Cytokine Problem,” below.)

It is not known at this time if any drug, including Tamiflu, is effective against avian flu. Some medical experts recommend taking 400 mg of Ribavirin, three times a day, along with Tamiflu, until the symptoms subside.

Amantadine is an FDA-approved drug for treating Influenza A. As with other anti-viral drugs, treatment with it must begin within 48 hours of the onset of symptoms. Amantadine was extensively given to chickens over the past decades—to treat avian flu. Therefore, it might be effective in treating avian flu in humans. Yet there is no record of this having ever been done.

It is of interest that, although anti-viral drugs must be administered within 48 hours after onset of the symptoms, most physicians generally see such patients only after many days following the onset of symptoms.

There are serious written warnings accompanying all of the drugs mentioned in this article. Read them carefully and consider whether you dare take any of them. In addition, no one knows with certainty the effect of any drug on avian flu.

It is only because of the extreme danger of an avian flu epidemic that I mention drug medications. All drugs are dangerous! Many people suffer from kidney or liver damage, or other serious physical problems because they took drugs. Drug medications place poisons in the body, which can cause suffering or damage now or in later years.

THE CYTOKINE PROBLEM

Warning: All of the above recommendations apply to typical cases of flu or common colds. But little is yet known about avian (H5N1) flu virus.

There may be reasons for not following all of the aggressive approaches suggested above for this:

Unlike some other viruses, avian flu causes the immune system to excessively respond to the virus. Because of this, it appears that people afflicted with avian flu experience an intense acute inflammation, known as a “pro-inflammatory cytokine storm.” The resulting intense inflammation causes them to die from pulmonary edema and multi-organ system failure.

Because of this, it is theorized that if one were to contract avian flu, he should not *after the infection begins* take **cimetidine, DHEA, or melatonin**. This is because each of those three have powerful immune-enhancing effects.

In contrast, there are nutrients that might be bet-

ter at suppressing these dangerous pro-inflammatory cytokines, associated with the avian flu. Such useful cytokine-suppressing agents include the following natural products: **green tea, borage oil, curcumin, and certain flavonoids**.

Keep in mind that, because so few cases have occurred and with only haphazard treatment, no one knows at this time whether any nutritional or drug anti-cytokine therapy would be beneficial in treating avian flu.

What is the cytokine problem? Some of the most dangerous aspects of avian flu appear to be caused by the over-production of pro-inflammatory cytokines, such as interleukin-6, tumor necrosis factor-alpha, interleukin-8, interleukin 1 beta, etc. The *New England Journal of Medicine* reported that the avian flu victims in Vietnam with the highest levels of inflammatory cytokines were the most likely to die.

We can better understand this when we consider what avian flu does within the body of the one suffering with it. Here are these symptoms:

SYMPTOMS OF AVIAN FLU

How is avian flu different than regular flu? Avian flu is a much more severe disease and progresses much more rapidly. Data on those in the Orient and Turkey who have already died from this disease provides the following information:

Avian flu: Pneumonia develops quickly and worsens fast. Diarrhea, vomiting, and abdominal pain are much more common than typical flu. The H5N1 (avian) flue virus primarily inflicts its lethal effects on the body in the lungs.

The lungs of avian flu victims are racked by infections, clogged with pus and surrounded by fluid. The severity of the symptoms often predicts whether the patients will survive.

Avian flu infection causes multiple lung infections. There is pus, as well as fever and a cough.

Normal flu: In contrast with avian flu, regular flu does not usually begin with pneumonia and/or diarrhea, vomiting, or abdominal pain.

Instead, normal flu typically includes most or all of these symptoms: (1) Fever (often high: 100°-106° F.). (2) Body aches, often in the arms, legs, and back. (3) Fatigue and feeling very bad. (4) Headache. After the initial symptoms, sore throat and a dry, hacking cough often develops.

Earnest prayer, renewed dedication of your life to God, obedience by the enabling grace of Christ to His Ten Commandments, and trust in His power to guide in every emergency will help you in these difficult times. In this turbulent, evil world, it is urgent that we remain close to God —vf