

The Coming Swine Flu Vaccine

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By Lynn Mayer, MA, CNC

Like me, you might be old enough to remember the school-based mass vaccination campaign in the late 1950s when families lined up to get the polio vaccine. According to information extended at the NIH Flu Summit earlier in July, we are headed towards another mass vaccination program that has not been seen since that time.

There are some very big concerns in this effort, not only from alternative care practitioners and vaccine activists, but from many medical doctors as well. That the vaccine has been fast-tracked and poorly-tested, it will be an experimental vaccine on the public and that has many rightfully alarmed.

Federal officials are starting to recommend that most Americans get three flu shots this fall: one regular flu shot and two doses of the vaccine made against the new swine flu strain. Some school children are being targeted for four shots in the fall – twice for the seasonal flu and twice for the ‘pandemic’ swine flu. These are vaccination treatment numbers which have never been done before in history. The public will be the experiment.

To refresh your memory on a more recent swine flu mass vaccination program, I invite you to go back in time to 1976, with a review of the vaccination’s propaganda and consequences in a Mike Wallace 60-Minute reporting in 1979. The “roll up your sleeves” vaccination campaign had unexpected consequences with neurological damages and death at the forefront of lawsuits that were filed. Although this particular 60-minute episode was apparently banned after its first showing, it can now be viewed in its entirety on www.youtube.com. The languaging sounds eerily familiar.

Dr. Sherry Tenpenny, a Doctor of Osteopathy, is one of the most prolific researchers as to the benefits and harms of vaccines. Her work must be included in your inquiries on which to make an informed decision for yourself and your family. Here are some website leads for you: www.DrTenpenny.com, www.homefirst.com (Dr. Mayer Einstein, MD) and www.nvaic.com (National Vaccine Information Center).

You now have about 5 weeks to become informed and prepared as to how you are going to handle the predicted rise in flu concerns and the push to be vaccinated. Use this time to educate yourselves and to enhance the family’s well-being with immunity building routines.

Eat well balanced meals and snacks, staying away from white sugar and products laden with high fructose corn syrup, dyes and synthetic ingredients. Include probiotics (the good gut bacteria) into your diets through quality yogurts, kefir, sauerkraut and supplementation. Keep hydrated with pure fresh water (1/2 oz for every pound of body weight per day), exercise a minimum of 30 minutes per day, enjoy good nights of sleep and get a daily dose of sunshine (20 minutes of mid-day sun per day with body 40% unclothed).

Vitamin D, the sunshine vitamin, has been shown to be effective against the flu. Here are some interesting facts from the vitamin D council that suggest that Vitamin D was somewhat protective against the Flu of 1918:

- The mass of deaths in the Northern hemisphere occurred when Vitamin D levels were low (fall and winter)
- Underground coal miners in North America had the highest mortality of any occupation
- Open air hospitals in North America allegedly had lower mortalities than regular hospitals

- Mortality for sailors at sea was markedly lower than sailors ashore, despite the crowded conditions on board

You might want to consider testing all family members for their vitamin D levels through a 25-hydroxy vitamin D test - for you do not want to take high doses of vitamin D if you do not need it. Although some lab ranges may vary, ideal levels are 45-100 ng/ml.

Start family conversations about how to quarantine yourselves, staying home if sick or if many are sick around you, should the need arise. Discuss how work schedules and responsibilities can be adjusted. Another recommendation is to have at least 3 weeks of food and water on hand should staying home become a necessity.

I personally recommend that you reconsider your routine use of acid stopping medications if you are doing so. Your stomach acidity is a first line defense for any bacteria that is swallowed, meant to kill any foreign invaders. A recent study published in the May 27 issue of the *Journal of the American Medical Association* found hospital patients that were on acid stopping meds had an increase in risk of pneumonia. "By reducing acid in the stomach, the medications may be creating a distinct bacterial colonization in the gastrointestinal and respiratory tracts, predisposing them to pneumonia" explained lead author of the study Dr. Shoshana Herzig. To have your gastrointestinal tract and lungs working at top efficiency is a priority in protection as pneumonia has shown itself to be one of the number one side effects of the swine flu.

Proper hygiene is key. Remind all family members in hand washing routines and to blow their noses into tissues, not arm sleeves.

In addition, learn how to better handle stressful situations as stress is the number one cause of reduced immunity. In case you missed the first opportunity, I will be showing the Emotional Freedom Technique (EFT) video 'Try It on Everything' again at the library on Monday night August 17th from 6-8pm. EFT is a wonderful tool to have at your fingertips to help reduce stress and its effects on the body. I hope to see you there.

Lynn Mayer is a Certified Nutrition Consultant and Health Coach here in Telluride, Colorado. Lynn is available for consultation in person, by phone 970 369-4790 or through her website www.thejoyofhealth.com.