

A STRONG IMMUNE SYSTEM... YOUR LIFE DEPENDS ON IT!

PANDEMIC FLU

Headlines around the globe are increasingly warning about a possible 'bird flu' outbreak. They state: "Canadian duck tested positive for avian flu, but negative for deadly strain", "US government purchases \$100 million stockpile of avian flu vaccine", "European avian flu fear leads to drug stockpiling...", "Vaccine won't stop avian flu, doctor says", "Pandemic plan still in works for Ottawa", "Tamiflu didn't work on at least one Vietnamese girl infected with avian flu, medical experts say", "World in gravest possible danger from flu pandemic": World Health Organization (WHO).

Although the infamous 1918 Spanish flu pandemic was the deadliest plague in human history, killing more than 40 million people around the world—it is important to put things into perspective, because fear and anxiety about anything lowers the body's resistance. To date, the WHO reports only 125 human cases of avian flu worldwide, which includes 64 deaths—all in Southeast Asia, and most of the people who acquired the virus were bird handlers. Every case of the current strain has been transmitted from bird to human and, thus far, the virus cannot be transmitted from human to human.

WHAT EXPERTS AND RESEARCHERS ARE SAYING ABOUT THE USE OF FLU VACCINES

Typically up to ten percent of the population gets sick with the flu each year. In comparison, in a pandemic situation, an estimated 30 to 40 percent of people will get sick. While countries are busy stockpiling, and pharmaceutical companies are busy concocting vaccinations, it is interesting to take note of the possible and all-too-common side effects of vaccines including: headaches, muscle pain, fever, exhaustion and last, but not least... the flu—and sometimes even pneumonia.

Dr. Joseph Mercola has this to say about vaccinations: "When one digs into the vaccine history (check out the Swine Flu vaccine if you want a real horror story) and scientific research (especially in Europe), it quickly becomes apparent that nobody really knows what these toxic stews of chemicals and microorganisms do in the human body.", and also "I have heard some authors state that there is a direct correlation of the number of flu shots one has and the incidence of Alzheimer's. This would be due to the aluminum and mercury that is in every flu shot."

In his book *'Vaccines: Are They Really Safe & Effective?'* Neil Z. Miller states: "To produce a flu vaccine, chick embryos are inoculated with influenza viruses. This mixture is cultivated for several weeks. Each flu strain is then inactivated with formaldehyde and preserved with thimerosal—a mercury derivative. The three viral strains are then blended into a single vaccine, licensed by the FDA and distributed by vaccine manufacturers. Scientific control-group testing for safety and efficacy is not required." He also points out that "Permanent immunity to a particular strain of flu is *only* possible by contracting the disease naturally."

Although few attempts have been made to study the long-term effects of injecting foreign proteins and toxic substances into the innocent bodies of healthy infants, research focusing on possible correlations between vaccines, autoimmune diseases, and neurologically-based disorders (i.e. multiple sclerosis, cerebral palsy, Guillain-Barré syndrome, cancer and AIDS) is now beginning. For example, medical researcher, Dr. Richard Moskowitz concluded that "the unnatural process of vaccination can lead to slow viruses developing in the

body. These may bring about the far less curable chronic diseases of the present.” He also noted that “these illnesses may be considerably more serious than the original disease, involving deeper structures [and] more vital organs.” Other researchers have identified a “lowering of the body’s resistance resulting from vaccination”, and the “probability of widespread and unrecognized vaccine-induced immune system malfunction.”

IS IT POSSIBLE TO PROTECT OURSELVES WITHOUT THE USE OF VACCINES?

Many researchers have noted that vaccines merely “trick” the body into focusing on only one aspect (antibody production) of the many complexes and strategies that would be available naturally to the immune system. Diseases contracted naturally are miraculously filtered through a series of immune system defenses. But, when the vaccine virus is injected directly into the bloodstream, it gains access to all of the major tissues and organs of the body without the body’s normal advantage of a total immune response. (James W., *‘Immunization, The Reality Behind The Myth’*). Some researchers question whether some flu epidemics are triggered and/or aggravated by the vaccine itself.

HOW VIRUSES WORK

Most of us have had colds or flu (influenza), which are caused by viruses. Other serious diseases caused by viruses include AIDS, Ebola, infectious hepatitis and herpes. A virus is a tiny particle that is about one-millionth of an inch long, and about a thousand times smaller than bacteria. Bacteria are much smaller than most human cells.

A virus needs to have a host cell (animal, bacteria or plant) to survive and to make more viruses. Without a host cell, viruses simply cannot function. Viruses consist of the following:

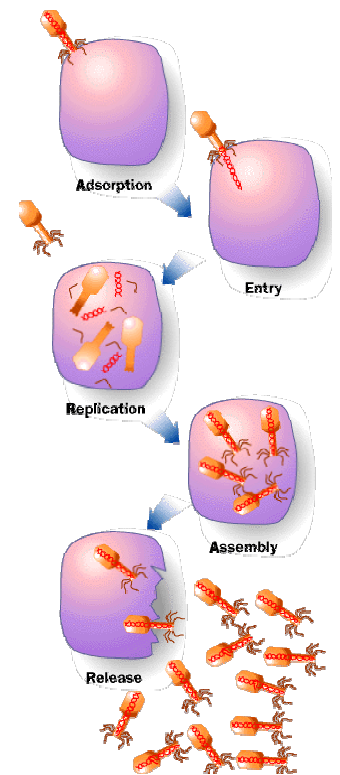
1. Nucleic acid – a set of genetic instructions, either DNA or RNA
2. A coat of protein – surrounds the DNA or RNA to protect it
3. Lipid membrane – surrounds the protein coat (found only in some viruses, including influenza)

To understand how viruses work, look at the series of events that might take place when you come down with a cold or the flu:

- an infected person sneezes near you;
- you inhale the virus particle and it attaches to the cells lining the sinuses in your nose;
- the virus attacks the cells lining the sinuses, and rapidly reproduce new viruses (losing cells in the lining of your sinuses allows fluid to flow into your nasal passages, giving you a runny nose);
- host cells break and new viruses spread into your bloodstream and into your lungs;
- viruses in the fluid that drips down your throat attack cells lining your throat, giving you a sore throat;
- viruses in your bloodstream may attack muscle cells, causing you to have muscle aches.

WHAT CAN YOU DO?

Have you ever wondered how some people seem to be more vulnerable, catching every cold and flu that is going around, while a fortunate few never seem to get sick? Well, it really is quite simple... and although we need to be aware that these pandemics do in fact happen, it all comes down to the immune system. If the current avian flu manifests itself to be a pandemic situation, this is where the battle will be fought—in the immune system!



THE IMMUNE SYSTEM

Everyday we inhale thousands of different types of bacteria, virus and fungi. The job of our immune system is to protect our bodies from these infections. Our immune system protects us in three different ways: it creates a barrier that prevents bacteria and viruses from entering; if a bacteria or virus happens to get into the body, the immune system tries to detect and eliminate it before it can make itself a home and reproduce; if the virus or bacteria is able to reproduce and starts to cause problems, the immune system is in charge of eliminating it. The immune system also has several other important jobs. For example, your immune system can detect cancer in early stages and eliminate it in many cases. Components of the immune system are the thymus, spleen, lymph system, bone marrow, white blood cells, antibodies, complement system and hormones. Since our health is directly affected by our immune system, and its function is pivotal in determining our level of health, we should work on building strong immunity naturally.

NUTRITION AND IMMUNITY–YOU ARE WHAT YOU EAT

Along with adequate rest, sanitary living conditions and good hygiene, a proper diet is essential to good health. An improper diet overwhelms the body and leads to sickness, so avoiding foods that are refined, chemicalized, and nutrient deficient goes a long way! Remember live foods make live people. Try eating only 20 percent cooked, and 80 percent raw, mostly alkaline foods (vegetables, fruits, nuts, seeds and berries). Raw plant foods strengthen the immune system—but because most people do not eat enough dark green leafy vegetables, we should focus on getting more greens in our diets. A convenient and powerful source is Avena’s Super Food.

But nothing crashes the immune system faster than processed sugar. After ingesting just one teaspoon of sugar (there are ten teaspoons of sugar in just one can of soda), the power of our immune system drops by 50 percent for 24 to 48 hours, weakening the bodies protection to many viruses and bacteria.

OLD-FASHIONED REMEDIES TO EASE COLD & FLU SYMPTOMS

- take hot sweat baths with Avena’s Massage Oil, recline in the bathtub, cover your body with water as warm as can be tolerated—as you become accustomed to this temperature, gradually add warmer water until you notice perspiration forming on your forehead—upon leaving the bathtub, rest in bed covered with blankets to promote further perspiration
- go to bed early and get plenty of sleep—most regeneration of cells occurs between midnight and 4 am
- for sinus congestion, apply a drop of Avena’s Massage Oil under your nose for easier breathing, OR use a nasal salt irrigation to help remove pathogens from mucous membranes—add ¼ tsp. Celtic sea salt to a cup of warm water, twice daily for two minutes each time, fill a dropper with liquid, tilt your head back and fill each nostril, then blow your nose
- for a sore throat, mix a drop or two of Avena’s Tooth Oil with water and swallow, OR gargle with one part apple cider vinegar mixed with two parts warm water—do this hourly or as needed
- body elimination is critical, continued use of Herb Cocktail is essential to keep the bowels moving
- drink plenty of fluids—avoid solid foods, especially mucus-forming foods (meat, fish, eggs, grains, and dairy products) during healing

A cold is usually an “elimination crisis” and the method your body uses to cleanse itself of wastes, toxins, and bacterial overgrowth that build up to a point where natural immunity cannot overcome them. To get over a cold, work with your body, not against it. Taking suppressants only suppresses the illness deeper into the body, and is likely to turn up later in a different and far worse form. According to Linda Paige, Ph.D., “In my experience, most drug store cold remedies halt the body’s cleansing/balancing processes, and generally make the cold last longer.”

AVENA'S POWERFUL TOOLS FOR IMMUNE FUNCTION

If you seem to succumb to every passing infection, you might seriously consider boosting your immune system. Fatigue, lethargy, slow wound healing, repeated infections, allergies, thrush, colds and flu are clear-cut signs that your immune system is functioning below par. Our health is in our hands, and it starts today!

Friendly Flora – A synergetic patented formulation containing *Lactobacillus Salivarius* and *Lactobacillus Plantarum OM* that stimulates formation of natural anti-bodies, and promotes the removal of toxic elements. Friendly Flora's patent relates to a particular biologically-pure strain of *Lactobacillus Plantarum OM* that has proteolytic, anti-viral, anti-retroviral, anti-microbial, anti-bacterial and anti-tumoral characteristics and uses. All viruses have a coat of protein to attach them to the membrane of the host cell. This coat of protein also surrounds their DNA or RNA to protect them. Knowing that viruses, bacteria, and even tumors have protein coatings, we quickly appreciate Friendly Floras' proteolytic qualities (the ability to digest proteins and putrefactive undigested proteins), and that it will "eat" away their protective coating, allowing access to the virus. Although there are other strains of *L. Salivarius* and *L. Plantarum* available on the market, this strain of *Lactobacillus Plantarum OM* is the only probiotic that we are aware of that is proteolytic (digests proteins), and this is due to the unparalleled OM strain.

N-Zymes – Avena's Cultured Enzymes can increase your macrophages (the most important part of the immune system that act as scavengers engulfing dead cells, foreign substances and other debris) by 700 percent, and your killer cells (white blood cells) by an astounding 1300 percent! The immune system's function is to fight off all foreign invaders in the body such as bacteria, viruses, carcinogens, and other chemicals, and it relies almost totally on enzymes to do this job! Surprisingly, even vitamins and nutrients cannot be absorbed effectively without enzymes.

Electric C – Electrically Formulated[®] and a completely utilizable Vitamin C complex with electrolytes, Electric C creates a powerful and immediate rebuilding of the electrical firing from cell to cell within the body, powerfully enhancing the body's ability to fight off bacterial and viral infections. Viruses, bad bacteria, and other toxins cannot easily penetrate strong cellular tissue. Designed electrically, this formula acts as the ultimate immune system enhancer, is a potent scavenger of free radicals, assists in clearing toxins from the body, and has a high-dose safety rating.

Herb Cocktail – Keeping our bodies cleansed and free of excessive toxins is vital to maintaining an environment that is unsuitable for germs and viruses, as germs and viruses are scavengers and need toxic and decaying matter in order to feed, survive, and multiply. Years of compacted fecal matter on the wall of the colon actually prevent the body from absorbing good nutrition, and releases poisons and toxins into the body. But the electrical matrix of this formula allows the cleansing process to take place from within the cells of the bowel walls. The bowels are not scraped clean, but rather rebuilt from the inside out. Avena's Herb Cocktail is the ultimate detoxifier and bowel cleanse—safe, gentle, and non-habit forming.

H₂O Plus (Colloidal Silver) – The presence of Colloidal Silver near a virus, fungi, bacterium, or any other single-celled pathogen will disable it, and clear it out of the body by the lymphatic and elimination systems. Colloidal Silver is pathogenic, thus marking the pathogens attracted by electro-magnetic force, much like iron filings to a magnet.

Toco – A complete raw whole-food containing all 22 essential and non-essential amino acids, Toco provides a dense, nutrient-rich source of vitamins and minerals, supporting every organ function, including your immunity. Its patent-pending claim states that this product has *over 109 different antioxidants!* When used on a regular basis, it helps to provide an increased level of protection against free radical damage.

An ounce of prevention is worth a pound of cure!

God's greatest gift is the power to choose—but with that comes responsibility!

Raw-4-Life Recipes

Chai Nut Nog

by Charlene Wieler (aka KiWiGiRl)

Serves: 4-6

Chai Spice Mixture:

- 1 Tbsp. ground cardamom
- 1 Tbsp. ground ginger
- 1 ½ tsp. ground cinnamon
- 1 tsp. ground nutmeg
- ½ tsp. ground cloves

Combine the spices into a small bowl and mix well.

Thick Almond Mylk:

- 1 cup soaked almonds (soaked for a minimum of 8 hours, then rinsed)
- 3 cups water
- 4 large dates
- ½ tsp. alcohol-free vanilla, or 1 inch piece vanilla bean

Combine all ingredients in a blender and process until smooth. Strain the liquid through a nut mylk bag or cheese cloth.

Add Frozen Bananas & Chai Spice Mixture:

- 4 frozen bananas, well ripened
- 2 – 3 teaspoons Chai spice mixture

Pour the strained almond mylk into your blender and individually add the frozen bananas. Once this mixture is liquefied, add 2 to 3 teaspoons of the Chai spice mixture. Serve chilled!

Better than eggnog—and a tasty, raw holiday treat!!!

“The body has the inherent ability – the vitality – not only to heal itself and restore health, but also to ward off disease.

Illness is not caused simply by an invasion of external agents or germs, but is a manifestation of the organism’s attempt to defend and heal itself. Prevention Is The Best Cure. Health is a reflection of how we choose to live.” TC Fry

Have a favorite raw recipe that you'd like to share in a future newsletter?

Or, if you have suggestions for future Raw-4-Life segments, we'd love to hear from you!

Please call our Raw Foods Lifestyle Specialist,

Charlene at 1-800-207-2239,
or write to charlene@avenaoriginals.ca