

How to Defeat H1N1 swine flu Naturally

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In order to prevent proliferation of the H1N1 swine flu virus, aggravation of symptoms and development of secondary infections, some very simple, natural and inexpensive steps can be practiced.

The main portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it is almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Instead, focus should be put on how to prevent proliferation (the spread) of H1N1.

Preventing proliferation (spreading):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of the face (unless you want to eat, bathe or slap).
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. Do not underestimate this simple, inexpensive and powerful preventative method.
4. Similar to #3 above, clean your nostrils at least once every day with warm salt water, using a neti pot (an Ayurvedic technique, using a small pot for irrigating the nasal passages with a saline solution), or saline nasal spray. Blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population. Once again, this is inexpensive, easy and very effective.
5. Drink as much of warm liquids (herbal teas, warm/hot lemon water, plain warm water) as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. The warm/hot water washes off proliferating viruses from the throat into the stomach where they cannot survive, proliferate, or do any harm.

FURTHER STEPS: Basic lifestyle changes to implement for a strong immune system

6. Sleep a minimum of 7 hours per night; 8 hours is ideal. Sufficient sleep is very important, as it restores our bodies' physical and mental energy reserves, keeps us more alert, and increases our resistance to disease and infections.
7. Consume a wholesome, natural diet of fresh fruits, vegetables, small portions of lean meats and fish, whole grains, raw nuts & seeds, legumes and lots of pure water. Eat rich green leafy vegetables daily, as well as lots of garlic, onions, ginger, zinc rich foods (pumpkin seeds, Brazil nuts, etc). Avoid sugar and white flour products, as they weaken the immune system.
8. Start the day with warm lemon water (juice of ½ lemon squeezed into glass of warm or hot water) to cleanse the digestive tract and liver. Wait a minimum of 20 minutes before consuming anything else, even more water. This will alkalize the digestive tract.
9. Consume foods to boost your natural immunity which are rich in Vitamin C (in order from highest to lower sources: black & red currants, red pepper, parsley, kiwi, broccoli, papaya, berries, citrus fruits).
10. If you have to supplement with Vitamin C tablets, make sure the supplements also contain zinc to boost absorption.

11. Supplements to consider:

- Acidophilus (not yogurt - its negligible), 1 capsule 2 times daily with meals (keep refrigerated), 10-12 billion per capsule to populate the digestive tract with disease-fighting bacteria
- Liquid Chlorophyll, 1 tsp in a glass of water, daily between meals to cleanse the intestines

- Oil of Oregano (in capsule or liquid form): daily. It is anti-bacterial and anti-viral. Pathogens cannot build an immunity to Oil of Oregano, as they can to antibiotics.
 - Digestive enzymes: 1 capsule with each meal to ensure improved nutrient absorption
 - Psyllium hulls, 2 capsules with meals, to ensure regular bowel movements to remove toxins
 - Flaxseed oil (oil or capsules): 1 tbsp or 1 capsule taken daily with a meal to improve brain function and support the immune system
 - CoEnzyme Q10 (CoQ10): 1 capsule taken daily with a meal to promote oxygenation of cells. The more oxygenated the cells, the stronger they are to stave off disease.
12. Daily activity. Mild exercise, even a 20-minute stroll, improves the immune system. To stimulate the lymphatic system, breathe deeply to keep your cells oxygen-rich. Taking a series of 10 deep breaths and slowly exhaling after each breath will also reduce stress.

Contents of the H1N1 swine flu vaccine:

Below are the contents of the H1N1 vaccine from the World Health Organization

- aluminum hydroxide
- aluminum phosphate
- ammonium sulfate
- amphotericin B
- animal tissues: pig blood, horse blood, rabbit brain, dog kidney, monkey kidney
- chick embryo, chicken egg, duck egg
- calf (bovine) serum
- betapropiolactone
- fetal bovine serum
- formaldehyde
- formalin
- gelatin
- glycerol
- squalene
- human diploid cells (originating from human aborted fetal tissue)
- hydrolized gelatin
- mercury thimerosal (thimerosal, Merthiolate(r))
- monosodium glutamate (MSG)
- neomycin
- neomycin sulfate
- phenol red indicator
- phenoxyethanol (antifreeze)
- potassium diphosphate
- potassium monophosphate
- polymyxin B
- polysorbate 20
- polysorbate 80
- porcine (pig) pancreatic hydrolysate of casein
- residual MRC5 proteins
- sorbitol
- tri(n)butylphosphate,
- VERO cells, a continuous line of monkey kidney cells
- washed sheep red blood

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