

The Secrets to Surviving Swine Flu

*Preventing Infection and
Relieving Symptoms Using
Simple Proven Side-Effect
Free Methods*



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The Secrets to Surviving Swine Flu

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Introduction

Thank you for taking the time out of your busy life to read this report. I am certain that you will be very happy that you did, as it is full of very useful information to help you free yourself once and for all from the painful grip of worry and anxiety about Swine Flu. Furthermore, it is full of helpful tips and tactics to boost your immune system and prevent you from catching seasonal and Swine Flu.

I encourage you to remove any distractions for the next few minutes and give this report your full attention, as it may just contain the solutions you've been looking for to develop a stronger immune system and robust health.

In this special report, I want to offer you 3 all-natural, safe, and very effective ways that you can dramatically improve your immune system and physical wellbeing.

Each of these approaches has been carefully studied and have been empirically shown to reduce or eliminate infections of influenza, colds and flu's just as effectively, if not more effectively, as pharmaceuticals do without any side effects.

After we cover these natural approaches, I want to tell you a little bit about who I am and why I'm qualified to share this information with you. For now, let's jump right into the information.

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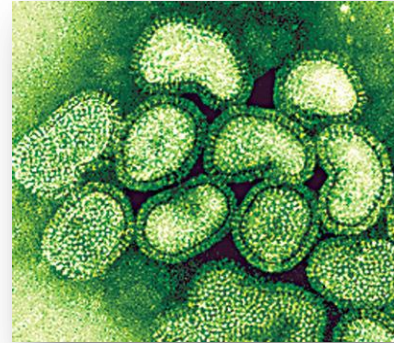
Chapter 1

THE GROWING EPIDEMIC

- 1 out of 4 to contract Virus -

The media are reporting the increasing concerns about Swine Flu and the epidemic we are all facing. I want to share with you some shocking statistics that are currently being reported by our government, medical authorities and media outlets alongside some facts that are currently largely unreported.

The first and one of the most important features not mentioned in the mainstream media is that this virus referred to as Swine Flu, has **NOTHING** to do with Swine Flu at all. Swine flu was an influenza based disease that pigs caught from humans during 1918, which lead to a massive epidemic, in which between 50 -100 million people died.



Obviously we want to **make sure that you are not infected** and I will do my very best to help you avoid becoming – or staying - ill. This guide will show you how to boost your immune system and how you can significantly reduce the risks of becoming infected. And the first step to this is what you are doing right now - getting the facts about the virus. It is then up to you to take the positive action and preventative measures contained in this guide. With that in mind, let's get started....

The early indicators of this new virus, detected in April of this year, were similar in nature to the 1918 Swine flu. However, it has since been shown that this is a new form of the influenza virus, made up most likely of a combination of previous strains that were present in humans, pigs and birds.

Swine Flu is not in fact Swine Flu at all, but a breed of Influenza now classified as Novel N1H1. With that in mind, let's look at what's happening today and what you can do to protect yourself.

Let's take a look at the actual numbers being reported...

According to the US Centre for Disease Control – As of **August 20, 2009, 11:00 AM ET, there have to date been –**

- 53 States infected,
- 7,983 people have contracted the infection and
- **522 have died.**¹

¹ **Total U.S. 2009 H1N1 Flu Hospitalizations and Deaths**, Posted August 21, 2009, 11:00 AM ET, <http://www.cdc.gov/h1n1flu/update.htm>

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Internationally the breakdown as of July 27, WHO regions have reported 134,503 laboratory-confirmed cases of novel influenza A (H1N1) and **816 deaths**.² The lab-confirmed cases represent an underestimation of total cases in the world.

Here in Ireland this new virus is starting to take a grip. **1400 new cases are diagnosed each week**, according to the Health Service Executive (HSE)³. As we head into the autumn and winter months the HSE is expecting up to **1 out of every 4 people to contract the virus**, and over half of these to be unable to continue working whilst sick. Up to 15% of the workforce will be absent from work with this new virus⁴. Obviously this presents a significant risk to both individual and businesses.

In the next chapter we'll take a look at the facts about the actual virus itself - what it does, how it works and how it can infect people. We'll separate the lies from the truth and clear up many of the common misconceptions surrounding the new virus.

² <http://www.cdc.gov/h1n1flu/updates/international/>

³ **Health Service Executive**, August 10th 2009, Business Continuity Planning, <http://www.hse.ie/eng/swineflu/bcm/>

⁴ Ibid.

Chapter 2

GETTING THE FACTS

What is novel H1N1 (swine flu)?

There's an awful lot of misinformation out there regarding Swine Flu, and as mentioned in the Introduction the first problem is with the name. Novel H1N1 was incorrectly referred to as "swine flu" early on, but is in fact a new influenza virus causing illness in people. First detected in people in the United States in April 2009, the virus is spreading from person-to-person worldwide just like regular seasonal influenza viruses spread.

The World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway on June 11, 2009.



Below are the most relevant questions I have been asked by my patients with regard to "Swine Flu" and my answers. In this brief FAQ I'll explain exactly what Swine Flu really is, the major signs and symptoms, how you can be contaminated and infected and how it compares to the seasonal flu virus. Once you've read the clear cut, no-nonsense answers and have the facts, I'll show you what to do and what NOT to do in order to stay healthy and minimize your chance of infection. I will also inform you how to help someone who HAS caught the new flu.

But why is novel H1N1 virus called "swine flu" then?

Laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America, hence it was assumed to be "swine flu". However further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally occur in pigs in Europe and Asia, bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus, meaning it is made up of a combination of these 4 diseases and so takes elements from each.

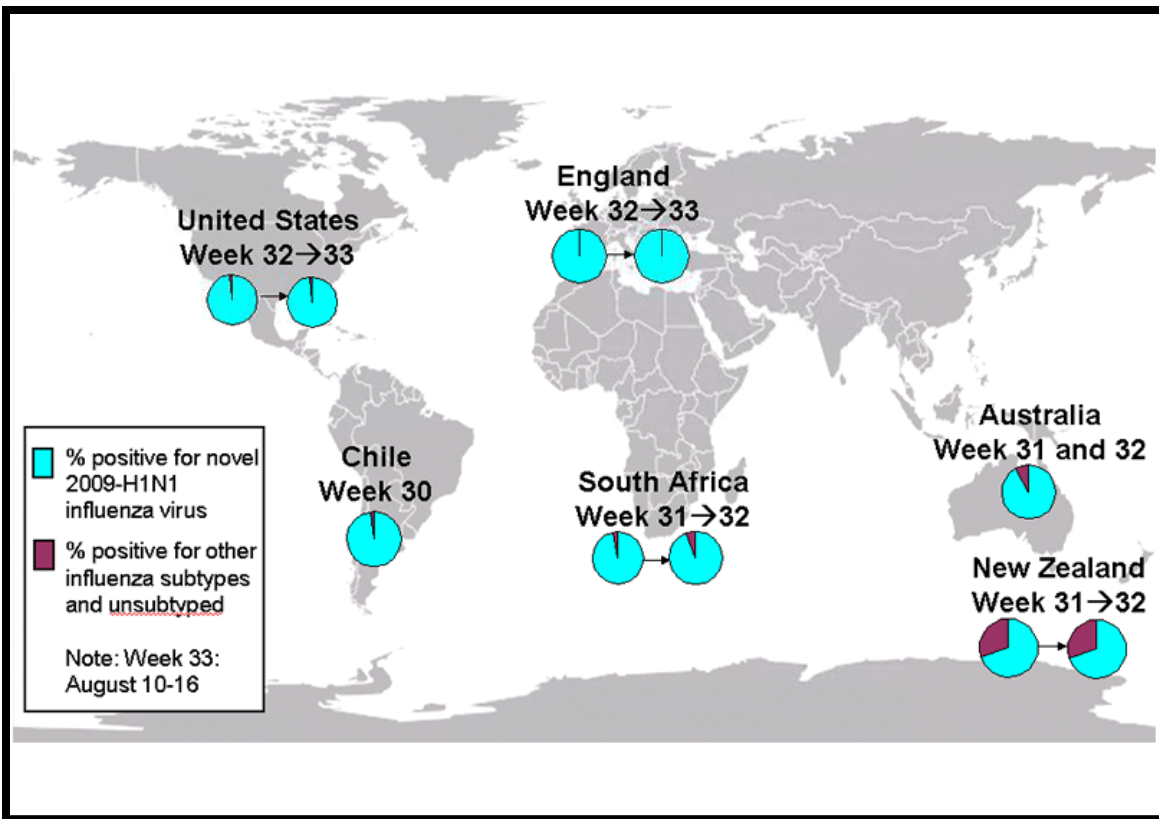
How does this affect humans?

As you most likely know by now, the virus has spread to most parts of the world, having started in Mexico in April of this year (2009). The good news is that, just like a normal cold or flu, most people who have become ill with this new virus have recovered without requiring medical treatment.

The US Centre for Disease Control has determined that novel H1N1 virus is contagious and is spreading from human to human in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something, such as a surface or object, with flu viruses on it and then touching their mouth or nose.

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The International Co-circulation of 2009 H1N1 and Seasonal Influenza



(As of August 21, 2009; posted August 21, 2009, 11:00 AM ET)⁵

The Major Signs and Symptoms –

The primary symptoms of the new H1N1 flu virus in people include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

It has also been noted that in a significant number of cases those who have been infected with this virus also have reported diarrhea and vomiting. And it is also unfortunately true that in severe illness, death has occurred as a result of this virus.

⁵ <http://www.cdc.gov/h1n1flu/updates/international/map.htm>

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How Severe is this Going to be?

It appears the effects of the illness caused by the virus are mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.



Certain people are at “high risk” of serious complications during the flu season, which is generally from late August to March. Those particularly at risk include people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. Approximately 70 percent of people who have been hospitalized with this new H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

Luckily and of significant difference to seasonal flu, it appears that adults older than 64 years do not yet appear to be at increased risk of novel H1N1-related complications thus far. The studies conducted by the US CDC laboratory have shown that children, and some adults younger than 60 years old, do not have existing antibody to the new flu virus; the good news though is that about one-third of adults older than 60 should have the necessary antibodies to fight this virus.

With that said, it is unknown how much, if any, protection may be afforded against novel H1N1 flu by any existing antibody.

How Does this New Flu Virus Compare to Seasonal Flu in Terms of its Severity and Infection Rates?

Seasons vary in terms of timing, duration and severity with the seasonal flu. What appears to be forgotten by the media is that seasonal influenza can cause mild to severe illness, and at times can lead to death. For instance, each year in the United States **36,000 people die on average** from flu-related complications and more than **200,000 people are hospitalized**. Of those hospitalized, 20,000 are children younger than 5 years old. Over 90% of deaths and about 60% of hospitalization occur in people older than 65⁶.

The shocking truth is the normal flu KILLS BETWEEN 250,000 and 500,000 people a year.

Up to Half a Million People Die of the “Normal Flu” Each Year.

⁶ Centre for Disease Control and Prevention, August 5, 2009 5:00 PM ET, <http://www.cdc.gov/h1n1flu/qa.htm>

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The problem with the new virus is that it is new, and this means we don't have reliable and accurate data regarding infection rates, mortality rates etc. However, in saying that, when the novel H1N1 outbreak was first detected in mid-April 2009, the US CDC initiated contact with each state to collect, compile and analyze information regarding the novel H1N1 flu outbreak.

This includes the numbers of confirmed and probable cases and the ages of these people. The information analyzed and gathered to date supports the conclusion that **the new H1N1 flu has caused greater disease burden in people younger than 25 years of age than older people.**

What is unusual is that at this time, there are few cases and fewer deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this novel H1N1. These underlying conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy.



How long does an infected person stay contagious?

Those infected with the new Virus can infect others from the first day they contract it **up to a day before they even feel sick.** An infected person can then infect others from 5-7 days after they present with symptoms. In some cases this can last even longer – particularly in cases of young children and those with a weakened immune system. Those in contact with the sick or young children, such as in a school environment, should make sure to take every precaution to minimize exposure.

Are There Any Other Ways of Becoming Infected?

Can I get infected from eating or preparing pork?

The N1H1 virus is not contained in any food, so you will not get infected with the virus from eating pork or pork products. The virus may arrive on any food, however, if you do not practice proper hygiene in your food preparation. This risk is present for all food, so please make sure that you handle your food according to standard safety practices.

What about the risk of drinking water?

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It's highly unlikely that tap water can pose a risk for transmission of influenza viruses. Tap water in today's modern society has been treated by conventional disinfection processes. Current drinking water treatment regulations provide a high degree of protection from viruses. With that said there has been no research or studies completed to assess the susceptibility of novel flu virus on conventional drinking water treatment

Studies of the highly pathogenic H5N1 avian influenza or "Bird Flu" have demonstrated that free chlorine levels typically used in drinking water treatment are adequate to inactivate it. So we can say the same is most probably true of "Swine Flu". The good news is that, so far, there have been no documented human cases of influenza caused by exposure to influenza-contaminated drinking water.

Can novel H1N1 flu virus be spread through water in swimming pools, spas, water parks, interactive fountains, and other treated recreational water venues?

Nope again, just as above, to the best of our current knowledge that's not how the virus spreads. There has never been a documented case of influenza virus infection associated with water exposure. That's not just this new virus; influenza in any of its forms has never been spread via water. It is a respiratory condition that is passed on via direct exposure in the air or through physical contact with the virus. Of note is that it can live on a hard surface for up to 24 hours, and a soft surface for around 20 minutes.

As with drinking water, research has yet to be carried out on the susceptibility of new influenza virus to chlorine and other disinfectants used in swimming pools, spas, water parks, interactive fountains, and other treated recreational venues. Again though based on studies done on "Bird Flu" the free chlorine levels recommended by CDC (1–3 parts per million [ppm or mg/L] for pools and 2–5 ppm for spas) are adequate to disinfect the virus. It is reasonable to assume then that other influenza viruses such as the novel H1N1 virus would also be similarly neutralized.

Can the New Influenza Virus be Spread at Recreational Water Venues Outside of the Water?

Unfortunately yes. A gym pool or recreational venue is no different than any other group setting. The spread of this new flu is thought to be happening in the same way that seasonal flu spreads. The flu viruses are spread mainly from person to person through the coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. For instance if someone with the virus sneezes on their hand and then places their hand on a railing or piece of equipment and you touch it afterwards you can pick up the virus. If you then bring your hand to your face or handle food you may contaminate and infect yourself. There are simple steps to take to prevent exposure that we will cover shortly.

So now that we've looked over the facts, you should have a better idea of what the virus does, how it can affect you and how it is spread. I know many of you reading this may be worried about this new flu, but there is good news.

You absolutely can do something about it. You can take back control of your health, improve your immune system, and drastically reduce the risk of contracting the virus.

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How do you do this? The following approaches offer some practical advice for reducing the risks, preventing open contamination and give you insight into 2 unique ways that have proven effective to reduce infection rates and maintain perfect health with **NO SIDE EFFECTS**.

I encourage you to keep an open mind, especially if this information is new to you. Remember, every one of these approaches is scientifically proven to work. You may have heard that the definition of insanity is doing the same things over and over and expecting a different result. You owe it to yourself to consider new ways of doing things so that *you can experience a new way of being*.

However before I explain the simple things you can do to increase and strengthen your immune system, and what you can do to relieve the symptoms of friends and family who may contract the flu – **there are some dangerous side effects and serious problems with the conventional treatments being offered – primarily with Tamiflu**. So I'm going to explain exactly what it is, how it works and what it does in relation to the new virus – and then – what the big problems with taking it are. Finally, once we're clear on that I'll show you the simple, effective side effect free alternatives.

Let's take a look a hard look at Tamiflu....

Chapter 3

The Truth About Tamiflu

Are the Benefits Outweighed by the Serious Risks and Side effects?

The current Western Medical response to the new virus is to prescribe anti viral drugs, that are designed to suppress symptoms and relieve the effects of the flu. Tamiflu, the drug of choice currently being stockpiled by the US and European governments in preparation for the “Swine Flu Pandemic”, is not a new drug. In this chapter I’m going to share with you the details of Tamiflu’s history and the dangerous side effects it has produced and why this may not be the solution everyone is looking for.

Tamiflu is the brand name of an antiviral drug called **Oseltamivir** that slows the spread of non-resistant strains of the influenza virus between cells in the body. It has been used for a number of years and continues to be used in the treatment and prophylaxis of Influenza virus A and Influenza virus B infection.



How does it work?

The drug works as a neuraminidase inhibitor, meaning it prevents the offspring of the virus detaching from infected cells, thus stopping movement of the virus in the body. It was developed by US-based Gilead Sciences and is currently marketed by Hoffmann–La Roche (Roche). However as a result of the impending health crisis, Roche has been forced to allow other companies to develop competing drugs to Tamiflu, since June 2009. It is generally available by prescription only, though this may be changing as a reaction to the Swine Flu epidemic.

Here in Ireland the situation is being handled so poorly that they have suggested that a public health nurse may prescribe it as opposed to your doctor. This is being suggested as a reaction to the demand; however I feel that this may in fact be a way of distancing doctors from prescribing drug that has serious known side effects and shifting the blame to nurses who do not usually prescribe medication.

What is the Standard Prescription Like?

Any prescription will depend on the advice of your doctor or primary care physician. Tamiflu is generally used for the treatment and prevention of infections due to the influenza A and B virus and now for this new virus in people at least one year of age. Thankfully, many doctors are

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advising that Tamiflu is NOT to be taken by children and adolescents. This is for good reason, which I will elaborate on below.

The usual adult dosage for treatment of influenza is 75 mg twice daily for 5 days, beginning within 2 days of the appearance of symptoms and with decreased doses for children and patients with renal impairment. Tamiflu may also be given as a preventive measure either during a community outbreak or following close contact with an infected individual.

Useless after 48 hours?

For Tamiflu to have a satisfactory effect and to do its job it NEEDS to be administered within 48 hours of symptoms appearing. This is because after this time the virus has already replicated and spread, infecting other cells in the body. As the primary function of Tamiflu is to prevent the replication and therefore movement of the virus, the results of the drug are severely diminished after 48 hours has passed, as the virus has already taken hold.⁷⁸

The Adverse Side effects

There are a number of common serious side effects that can be caused by Tamiflu, including:

- Nausea
- Vomiting
- Diarrhea
- Abdominal pain
- Headache.

In rare cases, Tamiflu has also been shown to cause **hepatitis** and **elevated liver enzymes**, **rash**, and **allergic reactions** including **anaphylaxis**, and **Stevens-Johnson syndrome**, (pictured opposite) - a **life-threatening condition** affecting the skin in which cell death causes the epidermis to separate from the dermis.⁹¹⁰



Although more studies need to be done to confirm it, a number of other adverse reactions have been reported in post-marketing surveillance. They include:

- Toxic epidermal necrolysis (your skin dies)
- Cardiac arrhythmia
- Seizure,
- Confusion
- Aggravation of diabetes
- Hemorrhagic colitis.¹¹

⁷ Roche Laboratories, Inc. Tamiflu product information. Last updated August 2008. (Accessed on 15 May 2009 at <http://www.rocheusa.com/products/tamiflu/pi.pdf>) – prescribing information document from Roche

⁸ Rossi S, editor. [Australian Medicines Handbook](#) 2006. Adelaide: Australian Medicines Handbook; 2006.

⁹ Ibid, 6

¹⁰ Ibid, 7

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Many of these, even the milder symptoms, are worse than the symptoms caused by the actual flu. But there is still more troubling evidence of the serious side effects of Tamiflu.

There are increasing concerns that Tamiflu may cause dangerous psychological and neuropsychiatric adverse reactions including self harm in some users. To date, these dangerous side effects occur more commonly in children than in adults.¹², hence the growing numbers of doctors that advise not to treat children and adolescents with Tamiflu.

The majority of Tamiflu has been prescribed in Japan, where an estimated **35 million have been treated**. And it is here, in the area of widest use, that we have seen some extreme and disturbing side effects.

Tamiflu and the Links to Adverse Neurological Reactions

Japan's Health Ministry warned that Tamiflu should not be given to those aged 10 to 19 in March 2007. This was as a result of a study that showed that between 2004 and March 2007, **fifteen people** aged 10 to 19 **had been injured or killed** by jumps or fallen from **buildings after taking Tamiflu**. In one case a 17-year-old died after he jumped in front of a truck.¹³

In April 2007, a renewed investigation of the Japanese data was completed. It found that 128 patients had been reported to behave abnormally after taking Tamiflu since 2001. Forty-three of them were under 10 years old, 57 patients were aged 10 to 19, and 28 patients were aged 20 or over. **Eight people, including five teens and three adults, had died from these reactions.**^{14 15 16}

A study finalized in April 2009 and published by a research team from the Japanese Health, Labour and Welfare Ministry examined 10,000 children under the age of 18 who had been diagnosed with influenza since 2006. The study found that children **who took Tamiflu were 54 % more likely to exhibit abnormal psychological behavior than those who did not take the drug**. Furthermore, when the team limited its analysis to children who had displayed serious abnormal behavior that led to injury or death, it found **those who had taken Tamiflu were 25 % more likely to behave in a manner that would endanger their life.**¹⁷

Meanwhile, back in November 2006, the United States Food and Drug Administration (FDA) amended the warning label to include the possible side effects of delirium, hallucinations, or

¹¹ Ibid, 6

¹² Waknine, Yael (2006). "[Tamiflu May Be Linked to Risk for Self-Injury and Delirium](http://www.medscape.com/viewarticle/547783?src=mp)". Medscape. <http://www.medscape.com/viewarticle/547783?src=mp>. Retrieved 17 May 2008.

¹³ "[Japan to keep stockpiling Tamiflu](http://www.smh.com.au/news/World/Japan-to-keep-stockpiling-Tamiflu/2007/03/28/1174761539222.html)". Reuters. Sydney Morning Herald. 2007-03-28. <http://www.smh.com.au/news/World/Japan-to-keep-stockpiling-Tamiflu/2007/03/28/1174761539222.html>. Retrieved 2009-07-29

¹⁴ "[Japan finds 128 abnormal cases in Tamiflu probe](http://www.forbes.com/feeds/afx/2007/04/05/afx3585482.html)". AFX News Limited. Forbes. 2007-05-04. <http://www.forbes.com/feeds/afx/2007/04/05/afx3585482.html>. Retrieved 2009-07-29.

¹⁵ Russell, Sabin (2005-11-15). "[Japan links Tamiflu to 2 teen suicides](http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2005/11/15/MNG29FO9K71.DTL)". San Francisco Chronicle. <http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2005/11/15/MNG29FO9K71.DTL>. Retrieved 2009-07-29.

¹⁶ Fuyuno, I (Mar 2007). "Tamiflu side effects come under scrutiny". *Nature* 446 (7134): 358–9. doi:10.1038/446358a. ISSN 0028-0836. PMID 17377552

¹⁷ "[Tamiflu linked to abnormal behaviour](http://www.smh.com.au/world/science/tamiflu-linked-to-abnormal-behaviour-20090420-ac3y.html)". Associated Press. Sydney Morning Herald. 2009-04-20. <http://www.smh.com.au/world/science/tamiflu-linked-to-abnormal-behaviour-20090420-ac3y.html>. Retrieved 2009-07-29

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other related behavior.¹⁸ The labeling change has been attributed to 103 new reports that the FDA received of delirium, hallucinations and other unusual psychiatric behavior, mostly involving Japanese patients, received between August 29, 2005 and July 6, 2006. This was in addition to the 126 similar cases logged between the drug's approval in 1999 and August 2005.¹⁹

Finally it should be noted that Tamiflu may not even work on some variations of the New Flu virus. In fact, as of July 2009, 5 cases of Swine Flu resistant to Tamiflu were diagnosed.²⁰

In March 2007, the European Medicines Agency said that the benefits of Tamiflu outweighed the costs in terms of side effects and the loss of human life, and that it would closely monitor reports from Japan.

Since then Tamiflu resistant strains of the new virus have already appeared, as reported by the World Health Organization on the 30 of August 2009.

I personally disagree that the benefits of Tamiflu outweigh the risks, particularly in light of the rare but extreme side effects and the implications of the Japanese suicides. The benefit of Tamiflu is that, on average, it takes **only one day off the expected life cycle** of the virus in your system. This is of little benefit in light of the possible side effects, in my opinion. My objection is heightened, as there are alternatives out there that can offer the same degree of benefit without ANY negative consequences and in the next few chapters I am going to share these alternatives with you.

¹⁸ "Flu Drug Tamiflu May Cause Odd Behavior in Children". Forbes. 2006-11-13.

<http://www.forbes.com/forbeslife/health/feeds/hscout/2006/11/13/hscout536084.html>.

¹⁹ "FDA adds 'abnormal behavior' precaution to Tamiflu label". Associated Press. USA Today. 2006-11-14.

http://www.usatoday.com/news/health/2006-11-13-tamiflu_x.htm. Retrieved 2009-07-29.

²⁰ <http://www.cbc.ca/health/story/2009/07/22/swine-flu-tamiflu-resistance.html>

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Chapter 4

Prevention & Treatment

Simple Methods to Keep Yourself from Getting Sick – and What to do If a Friend or Loved One Falls Ill

Okay Paul, What can I do to Protect Myself From Getting Sick?

As you've read above, I don't believe Tamiflu is the answer. It's acknowledged within the medical community to only provide a marginal benefit at the potential cost of your overall health and well being. As stated, it takes only one day off the expected life cycle of the virus in your system on average, and has to be taken within 48 hours to be in anyway effective. And the sad truth of the matter is this is a drug known to have horrible short term and long term side effects already, such as extreme nausea, headaches, diarrhea, vomiting, chronic dehydration and more. Terrible and, indeed, fatal, side effects have been shown to result from this drug, but the long term side effects of this drug have yet to be determined.

The Vaccine is unfortunately untested and may also leave serious long term complications. Injecting oneself with a small dose of the virus requires you to take 2 days off sick as it is, and may led to longer term illness. Furthermore it only inoculates you to that specific form of the new virus, even though it has already mutated. The vaccine offers NO guarantee of immunity.

There is however a much **better method for relieving the effects of the Flu that has been used effectively for over 3,000 years**. Why not try this method to prevent the virus from infecting you and your family???

Before we discuss this option, it is important to look at the simple little things that can be used to prevent the spread of germs that can cause respiratory illnesses like "Swine Flu". While many of these suggestions seem too simple to have any real impact, the consistent application of these everyday actions can dramatically decrease the risk of exposing yourself to the virus.

3 Simple Steps to Reducing Risk of Exposure:

1. **CATCH IT!** - Cover your nose and mouth with a tissue when you cough or sneeze. Try not to catch it with your bare hands. Obviously this is better than simply sneezing or coughing into the air, but having an extra layer of defense such as a tissue is a great idea. Make sure you keep some on your person at all times.
2. **TRASH IT!** Throw the tissue in the trash after you use it, as it now contains the germs of the virus. Getting rid of it quickly in a suitable trash receptacle is a must.
3. **WASH IT!** After you've gotten rid of the germ carrying tissue, decontaminate your hands. Washing your hands often with soap and water is an excellent way to prevent creating an environment that the virus can inhabit. Rinsing off and sterilizing the environment, especially after you cough or sneeze substantially minimizes the risks of infection.

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Today many people use the common Alcohol-based hand cleaners, alongside more natural antiseptics such as tea-tree soaps, which are also effective. Disposable, alcohol-based hand wipes or gel sanitizers are readily available in most supermarkets and pharmacies. The best way to wash your hands is with soap and warm water for at least 15 to 20 seconds. If using the gel, rub your hands until they are dry. Gels don't need water to work, as the alcohol in it kills the germs on your hands

I also highly recommend you **avoid touching your eyes, nose or mouth unless you've recently washed your hands**, as germs living on the hands are brought directly into contact with the most vulnerable parts of you.

This is basic, simple to use advice and applied can decrease, not only the spread of the virus in the community, but also your risk of exposure. However, I'd additional like to share with you two ancient proven methods that can dramatically improve and strengthen your immune system and reduce the chance of infection and relieve many of the symptoms associated with the new Flu WITHOUT SIDE EFFECTS.

Chapter 5

How Can Acupuncture Treat the Flu?

Ancient Medicine, Effectively treating Modern Disease Without Side Effects

The approach I am about to outline may be very new to you, but is one that has *more potential than any other form of natural healthcare to dramatically improve your immune system, reduce the risk of infection and relieve the symptoms of Flu and greatly enhance your physical well being.*

Chinese medicine is the most widely used form of healthcare throughout the world.

Literally billions of people have used acupuncture and Chinese herbal medicine to heal specific symptoms and to improve their overall health. Chinese medicine and acupuncture have been practiced for at least 5,000 years and it is widely considered as one of the safest and most effective forms of treatment for a wide variety of chronic conditions.



In Chinese Medicine the best way to treat a disease is to prevent it and in a moment I will share with you **how to prepare two simple Chinese Medical Recipes** - the first is to boost the *Wei Qi*, or the immune system, and the second just for good measure is a simple step by step guide to clearing colds and flu's with my **Cold Cure Tea**. Finally I'll share with you the simple acupressure points I teach my patients to boost the immune system and relieve any symptoms. Before I do so however, I'd like to explain exactly how and why these techniques are so effective, so that you can get the full benefit of applying them.

Together with acupuncture, Chinese food therapy is very effective method to combat the infection and inflammation produced by those wretched bugs, but before we look at the treatment let's look at the problem.

We're coming into the Flu season, with outbreaks of the new "Swine Flu" set to increase. On average most flu activity is hitting us now, from September through March. This is a time when most will get sick, take time off work, school etc.

As we've discussed already, the "flu," also called "influenza," is a highly contagious respiratory infection. The flu, compared with the common cold, often causes more severe illness. People with the flu can have a fever, (usually 100 to 103 in adults and often even higher in children), cough, sore throat, extreme fatigue, muscle aches, headaches, runny nose, and watery eyes. Children can also experience vomiting and diarrhea. Some older people might not suffer from

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fever. Flu-related complications can occur at any age. However, older people or those with chronic health problems, particularly heart or lung disease, are much more likely to develop serious complications and influenza infection than those that are younger and healthier.

And all this is set to heighten with new Flu virus.

Luckily, Traditional Chinese Medicine is incredible at treating colds and flu's, and has been doing so for over 2,000 years. A good example of this is the 400 paged classic called **the Shan Han Lun**. This treatise explains how to treat the common flu at its various stages, and details the progress and nature of the flu virus that has only recently been confirmed by modern science.

Unlike the Western Medical model in which the response is to prescribe drugs that can greatly harm you through the side effects we've already discussed, Chinese Medicine presents a proven treatment option with no side effects at all. A detailed overview would take several volumes and is well beyond the scope of this book, however, it is important to know that there are two main traditions of acupuncture used throughout the world.

How Does Acupuncture Work?

The first of these traditions is called 8 principles acupuncture. 8 principles involves harmonizing imbalances that have developed in the body and is based on the underlying theory of Yin and Yang. The eight principles refer to:

- Yin
- Yang
- Internal
- External
- Hot
- Cold
- Excess
- Deficient

Using these 8 principles an acupuncturist can assess the relative degree of balance within the patient's body and diagnose a vast array of conditions. For example, a patient can have a deficiency of yin, which means that the calming, moistening, and cooling aspects of their physiology have become depleted. In this case, the acupuncturist will nourish yin in order to calm and cool the patient.

Eight principles acupuncture is the predominant form of treatment in the modern world with the majority of acupuncturists trained in this manner. It has been proven to be an effective method of diagnosis, distilling complex problems to simple, understandable solutions. Treatments based on Eight Principles Acupuncture can clear out various symptoms by harmonizing the underlying imbalances of the body.

The eight principle system is often used by Acupuncturists for treating pain-related concerns such as frozen shoulder, headaches, low back pain, and sprains and strains, and has often been used to reduce or eliminate pain medications. It is however capable of diagnosing and outlining treatment protocols for a much wider variety of conditions, from skin problems to hormonal imbalances, and from colds and flu to infertility. It has no side effects and is considered a very safe and effective form of treatment for both chronic and acute conditions. In cases of muscular pain and injury, the primary method of healing is through the stimulation of blood flow and increasing circulation to damaged tissue thus promoting quick repair on a cellular level.

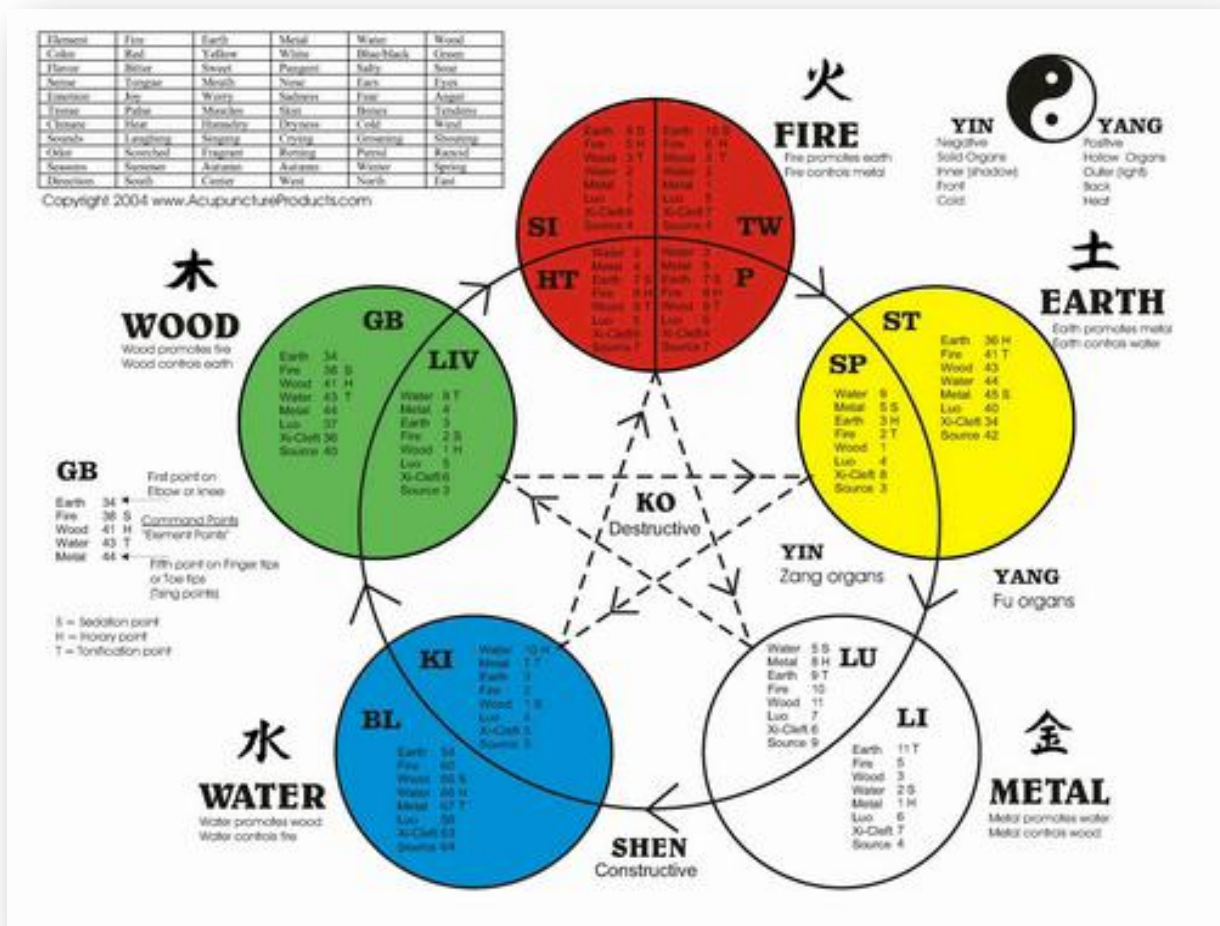
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Used for internal medical conditions, this system works through regulating and balancing the neurological signals sent to the internal organs, harmonizing hormonal and chemical responses and stimulating the immune system to expel any foreign bodies, bacteria or viruses, thus ensuring the optimal function of the major systems of the body.

In addition to the eight principles, many acupuncturists also utilize five elements acupuncture, a second style of diagnosis and treatment, for a more detailed diagnostic evaluation. The Five element system has its roots in pre-Communist Chinese medicine, and was borne out of the philosophical and cultural traditions that embraced the powerful reality of nature when broken down to its observable base constituents. The belief was held that our emotions relate to our health, body and mind, and this could be reflected in the interrelationships of the elements present in nature. .

Every human being has a basic constitutional type that is created at the moment of conception according to the five element model. They may be more inclined towards earth, metal, water, wood, or fire. Each of these elements is simply a classification used to title a series of predictable and common traits associated with that element.

Below is a basic chart that illustrates the Five Element Theoretical Model:



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This model is particularly useful in understanding the connection between the physical problems we may present with and the underlying psychological traumas and difficulties that rise from them, and vice versa.

How Do the Needles Work?

Once a diagnosis has been made using the 8 Principles or 5 Element systems your acupuncturist will then select a series of specific points along lines of energy we call “meridians”. Western Science has recently shown the human body to be a complex bio-electrical system, a fact Traditional Chinese Medicine and Acupuncture have used to promote healing for centuries. Acupuncturists have identified 14 pathways of energy along the human body and these meridians correlate to major nervous pathways, and relate to the function of a specific structure or organ.

Disease and illness are seen as a disruption and disharmony of these energy pathways. By inserting very fine hair thin needles in to specific points along these energy pathways, Acupuncture can reconnect and balance the energy flow thus promoting the bodies naturally healing abilities.

Okay, but can this really treat colds and flu's?

Certainly. In fact there is a long history of anecdotal evidence since the first written records of Acupuncture that shows it is highly effective in treating colds and flu's, as well as many more conditions. This has recently been confirmed by modern scientific studies and endorsed by bodies such as the World Health Organization and the British NHS.

For instance, A study published in the Journal of Traditional Chinese Medicine, 1992 Dec;12(4):267-71, conducted by Tan D., Beijing College of Acupuncture & Orthopedics demonstrated a rapid improvement in subjects suffering from Influenza. The effective rate was 80.7%.

Analysis of the individual patients indicated that the body temperature, rate of respiration, pulse, blood pressure and acupoint temperature all dropped, with a simultaneous increase in the percentage of T-lymphocytes. The immediate effects were especially marked in fevers due to exogenous wind and cold

A further study by Savtsova ZD, Zalesskiĭ VN, and Orlovskiĭ AA published in Zhurnal mikrobiologii, epidemiologii, i immunobiologii(1):75-80, 1990 Jan also showed considerably decrease in the severity of infection, enhancing the activity of lymphocytes, the O2-producing activity of alveolar macrophages and modulating the ratio of antihemagglutinins and nonspecific antiviral inhibitors in the blood serum.

Essentially the studies concluded that Acupuncture has a profound and rapid effect on stimulating the immune system to clear colds and flu's.

In a moment I'll discuss exactly how Chinese medicine and Acupuncture Diagnose the New Flu virus, but before that I want to explain a little bit about Chinese Herbal medicine and how it can

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help you. Following from that we'll look at some specific recipes that can treat and relieve the symptoms of the new "Swine Flu" virus.

Chapter 6

AN OVERVIEW OF CHINESE HERBAL MEDICINE AND HOW IT CAN HELP YOU

Chinese herbs have also been used in conjunction with Acupuncture or as a standalone treatment for thousands of years to help in the healing of physical and mental disorders. As one of the primary branches of Chinese medicine, many people find herbs to be an excellent addition to their treatments. Used skillfully, they can provide quick and effective results and support and enhance one's health with **no side effects**.

Current medication and drugs promoted by the pharmaceutical industry focus mostly on providing a symptomatic band-aid as opposed to truly resolving a medical condition. Think of the common cold; Symptoms include fever, shivering, sweating, sneezing, coughs and runny noses, methods used by the body to expel the invading virus. However, rather than treating the actual virus at work, drugs are used to merely suppress these symptoms.

In contrast to this, the Chinese Medical use of herbs is focused on strengthening the foundation of one's health rather than just patching things up. In this manner herbal medicine works from the inside out and treats the core issues that underlie our symptoms, which will sooner or later rectify the symptoms themselves. Western drugs on the other hand work from the outside in. They offer immediate symptomatic improvement without directly addressing the deeper cause of the symptoms.



Now of course there are certain cases where this is warranted and most definitely necessary, but even still it is acknowledged that the long-term use of Western drugs for chronic health problems can be detrimental to one's foundation of health.

This is why many people are increasingly turning to natural plant-based medicines and nutrition before going the drug route. It is a gentler, more life-affirming way to heal yourself.

The traditional Chinese herbalist will use a variety of combinations, tailored to your specific constitution and condition and a talented herbalist will combine several herbs to produce a synergistic healing effect, focused on your unique needs.

The joy of the herbal system is in their versatility. Herbs can be decocted into teas, and soups like the one's featured in this report, ground into food or made into convenient capsules. One single formula can be prepared

to treat a condition such as infertility and resolve the myriad by products of that diagnosis such as PMS, cramping, muscular pain, frustration and depression etc. When the root cause of the disharmony is addressed all of the symptoms associated with improve and disappear.

Chinese herbs can be used for a wide range of physical complaints and conditions including:

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- Chronic pain
- Diarrhea
- Constipation
- PMS
- Menstrual cramps
- Weak immunity
- Asthma
- Headaches
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Infertility

Of course, Chinese herbal medicine is equally proficient and effective in treating the mental and emotional components of our health. It has long been recognized in both Eastern and Western Medicine that numerous herbs offer direct benefits for our emotional and psychological health.

Every substance we ingest, be it food or medicine, effects us both physically and mentally. Oftentimes this can be too subtle to detect. However, when taken in concentrated doses and with enough regularity and sufficiency, herbs can tangibly and remarkably effect one's consciousness. Many Chinese herbal formulas work on our mental emotional capacity and can:

- Make you feel psychologically lighter
- Relax and calm your thoughts
- Open your perspective on yourself and life
- Engender patience and calmness
- Boost confidence levels
- Induce more peaceful sleep

Widely regarded as a wonderful complement to acupuncture, Chinese herbal medicine provides continual therapeutic input into the body between acupuncture treatments. In so doing, it maintains and builds upon the positive momentum created by acupuncture and can further enhance the treatment results.

Is there any proof that Chinese Herbal Medicine can treat the Flu?

Yes, there is. In fact there is a great deal of evidence supporting the use of Chinese Herbal medicine to treat flu's from common seasonal influenza to bird flu and even this new flu. For instance, The Centre for Epidemiology & Biostatistics, of The Chinese University of Hong Kong, published the results of a study on herbal medicine and SARS (bird flu) in Volume: 11 Issue 1: March 4, 2005, of their journal.

The study examined, "The use of an herbal formula by hospital care workers during the severe acute respiratory syndrome epidemic in Hong Kong to prevent severe acute respiratory syndrome transmission, relieve influenza-related symptoms, and improve quality of life".

Two cohorts of health care workers from 11 hospitals in Hong Kong, 1 using an herbal supplement for a 2-week period ($n = 1063$) and a control cohort comprising all other health care workers who did not receive the supplement ($n = 36,111$) were compared prospectively. SARS attack rates and changes in quality of life and influenza-like symptoms were also examined at three time points among herbal supplement users.

Remarkably **NONE of those using the TCM herbal supplement contracted SARS**. In contrast, several of the group not on the herbs did get sick.

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Another study, published in the [Cochrane Database Syst Rev](#). 2005 Jan 25;(1):CD004559, republished in: J Altern Complement Med. 2006 Mar;12(2):171-80., and updated in Cochrane Database Syst Rev. 2007;(4):CD004559, further illustrated that Chinese Herbal Medicine is effective in treating influenza without side effects.

Ditan Hospital in Beijing has also been conducting research into a herbal tea that can relieve the new Flu virus quickly and without side effects. I'll discuss this in more detail in Chapter 7.

These are only some of the many thousands of reports and studies that have conclusively shown Chinese Herbal Medicine to effectively treat the Flu.

Can Chinese herbs be taken with my Western medications?



This is a common question that arises in my clinic, and for the most part the answer is yes. Of course any good and responsible practitioner will take your full medical history prior to beginning treatment and they will ask you about current medications you may be on. It is important to be completely forthright and honest with your acupuncturist or herbalist about both the prescribed medications you are taking and those you are taking for recreational purposes. Although herbs are safe to use with most medications, there are some rare instances where Chinese herbs may antagonize

Western medications, so full disclosure is very important. A fully informed and skilled herbalist can take all relevant details into account and adjust any herbs prescribed. .

It's important to note that despite the profound and powerful effect Chinese Herbs can have when properly administered, they are only one part of the holistic view. Acupuncture is the primary treatment path for many conditions and the most direct and efficient way for making lasting changes in your health. However, Chinese medicine asserts that dietary therapy, exercise, and the healing of our environment also play crucial roles in our overall health and quality of life. In order to enjoy a full, energetic and abundant life we must ensure that every aspect of our health is acknowledged and working for us.

Many acupuncturists will be able to help you develop a nutritional plan that reflects your unique constitutional needs. In my clinic we even provide a dedicated nutritional program, combining both the best of Chinese dietary therapy and Western science to produce a perfectly tailored diet satisfying all physical and mental emotional needs.

A good practitioner will also show you various breathing exercises or Qi gong (a meditative form of movement) exercises that will enhance your treatment experience. Again in the Meridian Clinic, I offer detailed physical exercise and training, derived from my experience as a martial artist and top personal trainer and fitness author (7 Seconds to A Perfect Body, 2005) as featured on the Top 1% ranked website – www.isometric-training.com
Now, let's look at how Chinese Medicine view the new "Swine Flu" virus.....

How Chinese Medicine Diagnoses the New “Swine Flu”

In Traditional Chinese Medicine there are 6 Demons, or evils that attack the body. One of these 6 demons is Wind. In fact, in ancient China, acupuncture may originally have been conceived of as tiny spears and arrows fighting these demons. Thanks to modern medicine that image actually makes even more sense. If you’ve ever seen close up microscopic images of viruses or bacteria you’ll clearly see their strange shapes. They appear as round, squirming blobs that are covered in spikes and have a generally odd and somewhat threatening appearance.



The ancient Chinese saw colds and flu’s as invasion of Wind. Yep, sickness wasn’t just carried in the air – the air itself was seen as an invader. The external pathogens (bacteria and virus alike) that result in cold and flu symptoms in a body are seen as invasions of this Wind. While that may not initially make sense, think back to what your mother surely told you as a kid - to put on more clothing before leaving the house, wear a scarf and hat, and not to go out with wet hair, so that, as many mothers across Ireland would say, “you don’t catch wind.” Old wives’ tales often have more truth to them than we think. I must admit it was not until later when I started my studies of TCM that my mother’s cautions made sense to me.

To fight these spike filled demons our body has a natural army – the immune system, known in Chinese as “**Wei Qi**” (pronounced “way chee”), so named after the “Wei” soldiers who defended the realm and the Emperor. Of course we feel this war between the forces of health and illness. Most of the time our bodies defend us from the onslaught of invasion – how many times have you felt you were coming down with something only to remain illness free?

Generally there are some small signs and symptoms of Wind attacking us and our body trying to fight back - a chill as you get changed after a tough workout or training session makes your neck and shoulders, which are often vulnerable to Wind attack, tense - a damp head of hair and neck while walking to your car may cause you to shiver, generating body heat and attempting to shrug off an attack. Vulnerable body parts have their own techniques to try to prevent illness from taking a foothold. But sometimes we’re run down; sometimes our defensive army is not at full force. And sometimes we get sick as a result.

In today’s world we eat poorly, lack appropriate rest and are over-worked, highly stressed, or simply inappropriately dressed for certain weather conditions (particularly in the ever-changing weather of Ireland). Our defensive Wei Qi becomes compromised, our pores open and wind enters the body.

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You may already be familiar with this as often we experience the beginnings of Flu as a chill, a sensitivity to the wind and then the body aches as this wind enters superficial meridians or energy pathways of the body and blocks the flow of energy in them. Of these Wind invasions there are 2 main types I'll talk about here.

A Diagnosis of Wind Cold

Wind Cold is the milder form of Wind invasion and is the early stages of any cold or flu. This is the early reconnaissance mission of the invading pathogen. At this time the invader is probing, dancing along the body looking for weakness to exploit. It tries to determine whether you are vulnerable for attack or not and your body will respond as it can, successfully defending the attack or succumbing to it.

In this minor skirmish you may feel symptoms such as these:

- Sensitivity to cold or wind
- Shivering
- Sneezing
- Cough
- Running nose with white-watery mucus
- No fever or slight fever
- Body aches
- Stiff neck
- A lack of sweating
- A lack of thirst



This would be a great time to back up your body and get a reserve unit working. The best way to do that is with my ***Wei Qi Boost Soup*** –

Wei Qi (Immune System) Boost Soup

Ingredients –

- 1 whole chicken
- 2 pints of water
- 1 tsp. olive oil
- 10 oz. shiitake mushrooms
- 1 tsp. chopped ginger
- 4 chopped garlic cloves

Directions

1. Place chicken in water. Bring to boil, simmer 1 hour.
2. Add shiitake, ginger, garlic, and oil.
3. Simmer 45 minutes longer.

It's also a great idea to load up on vitamin C, drink plenty of room temperature water (add a little lemon and honey if you like), rest and stay away from icy cold beverages, ice cream etc. I'd also advise taking a hot bath with some Japanese salts and immediately covering yourself up to 'sweat off' the pathogen. Sweating is your body's natural reaction and a light sweat should be encouraged. With that said please make sure to change your clothes if they get damp and

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continue to cover up. **This is also the best time to visit your Chinese medical doctor to get acupuncture to strengthen the immune system and start on medicinal herbal teas or soups like the Wei Qi Boost Soup to ward off or to fight the beginnings of the cold.**

A Diagnosis of Wind Heat

The more serious attack and, unfortunately, the one I see the most of in practice is a **Wind Heat Invasion**. This occurs when the pathogen quickly finds a weakness in the body's immune system and attacks you before you have a chance to shake it off. Your body reacts in the best way it knows how – it tries to burn the attacker and as a result you sweat and may have a fever. You may also have some of the following:

- Sensitivity to wind
- Fever
- Sore throat
- Swollen tonsils
- Sneezing
- Slight body ache
- Cough and running nose with yellow or green mucus
- Slight sweating
- Thirst



Yeah. This means you're sick. **I highly recommend making my Cold Cure Tea and drinking it on the hour every hour to produce a cleansing sweat which will help expel the pathogen quicker.** Here's how you make it –

Cold Cure Tea

Ingredients -

- 2 cloves of garlic
- 1 chopped scallion
- 1 Tbsp. miso
- 4 cups water
- 1 inch piece of fresh ginger

Directions –

1. Add all ingredients, bring to boil, simmer for 15 minutes.
2. Drink 1 cup every hour. You will begin to sweat.

During this time, plenty of rest and water are essential. Cover up especially the head and neck area. Do your best to avoid stimulating foods like spicy, greasy, fried foods and sugar, as these foods create mucus and will further exacerbate the condition. Again, at the slightest hint of a sore throat or swelling of the glands around your throat, come and get some acupuncture and start consuming the Wei Qi Boost Soup described above.

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By this stage you can probably see how effective Chinese medicine is at treating the initial stages of a cold and getting you back to fighting fitness, but you are probably asking yourself, what if you've already caught the new Flu virus, or know someone who has?

What to Do if you Already Have the New Flu Virus

I'm glad you asked because this is where the sophistication of Chinese Medicine as mandated by our 2000 year old classic "The Shan Han Lun," truly lies. In this text it indicates a clearly defined treatment protocol that can treat the flu at every single stage of manifestation, from the full blown fever and chills at the initial stage, to the low grade sniffles that can linger for months.

Luckily Chinese herbs have proved effective in the cure of Influenza. In Ditan Hospital, Beijing, (one of the two hospitals specially designated for H1N1 patients, since the pandemic started from May in China), a recent study reported early findings in July 24, 2009, showing 88 out of 117 patients treated for the disease only with Traditional Chinese Medical herbs **fully recovered and were discharged.**²¹

According to Wang Yuguang, a spokesman of Ditan Hospital...

"Treatment cost per patient using Tamiflu is about RMB56 a day whereas using traditional herbs it cost only around RMB12." ¹
(RMB56 is the equivalent of E5.60 RMB12 is the equivalent of E1.21)

The advantage of using herbs on these patients lies in the unique and individualized preparations that can be prescribed. Wang Yuguang continued, saying....

"From our clinical tests and observation, the traditional method of treatment left **no after effects and it is safe, more over the recovery period was shorter and the cost relatively lower as compared to Tamiflu treatment**".

Ditan Hospital first started using traditional medicine in combination with Tamiflu on H1N1 patient from May 15 to June 15, and when the method proved effective, started treating many patients solely on Chinese herbs.

"We have even tested using the method on high risk patients since July 1, and the results proved favorable." ²²said Wang.

²¹ <http://www.bernama.com/bernama/v5/newsindex.php?id=427649>

²² Ibid.

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These herbs can be prescribed by a qualified acupuncturist, and individualized for the stage of the infection presenting.

It may also be of interest to note that in Beijing, the Traditional Chinese Medicine Hospital has introduced an Influenza A(H1N1) prevention herbal medicine pack.

This “flu prevention drink” became available July 2 and is available in every drugstore and hospital dispensary for TCM medicines.

The prescription was formulated and issued by the Committee of Experts for Flu Prevention and Control under Beijing Administration of Traditional Chinese Medicine to cope with the A1/ H1N1 influenza

The daily adult prescription consists of 3 grams of Honeysuckle, Woad root, Liquorice root and Peppermint. It is mixed with boiled water, and can be gargled or drunk as a tea substitute. It can be used for seven consecutive days before taking a break from it. The duration of this break must be assessed by your practitioner.

According to experts from the administration, the prescription can be used by people of all ages, children and even pregnant women. If people don't like the taste, they can add rock sugar or honey to it, without altering the effect of the medicine. This is a far cheaper method for prevention than Tamiflu and produces **no side effects**.

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Chapter 8

Acupressure Prescription

Self Massage for Perfect Health

Obviously Acupuncture is a proven and powerful method for boosting the immune system and relieving flu symptoms. It is highly recommended that you avail of this treatment as means of preventing the onset of the flu and/or in its treatment upon contraction. Alongside acupuncture, I also highly recommend that you utilize the benefits of self massage. Below I have provided you with instruction on where to massage your body so as to stimulate your immune system. Please use these instructions to further help safeguard and support your health.

Below I've given you instruction on how to stimulate the strongest of those points so that you can massage yourself for relief.

Awaken your Immune System Massage

Rub each of these acupuncture points with your finger for 30 - 60 seconds 3 times a day to stimulate and promote the circulation of Wei Qi (Immune System) within your body, restoring health and well being. (See the Appendix for Point Location Images)

1. Lung 7 (LU7) - Roughly 2 inches above the base of the thumb.
2. Lung 5 (LU5) - On the thumb side, at the elbow crease, just off the biceps brachii tendon.
3. Lung 1 (LU1) - On the chest, below the collar bone, approximately 6 inches from the center of the chest.
4. Lung 9 (LU9) - On the wrist crease, just below your thumb.
5. Large Intestine 4 (LI4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand.
6. Large Intestine 20 (LI20): On the face, level with the bottom of your nostril, on the groove that is formed when you smile.
7. Ding Chuan - On the back, approximately 0.5 inches lateral to the spinal process of C7.

Prevention is the key. If you are susceptible to catching colds easily, studies have shown how acupuncture helps increase white blood cell count resulting in a boost to your immune system. Finally, if you feel just the slightest indication of a wind invasion such as slight body aches or a scratchy throat, or if everyone around you is coming down with something, get some acupuncture.

On Seeking an Acupuncturist –

One final point, if you decide to invest in your health and use these effective all-natural methods for boosting your immune system and relieving any flu symptoms, it's important to find a practitioner that has had the proper training. A licensed acupuncturist will have gone through a minimum of 2,000 hours of training. Unfortunately many physiotherapists, neuromuscular therapists and chiropractors can practice acupuncture with only 100-300 hours of training and

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they do not have the clinical, diagnostic and medical knowledge needed to treat conditions like the new flu virus.

Unfortunately there are many unscrupulous individuals waiting to take advantage of people's lack of knowledge. High street stores and shopping mall acupuncturists spring up by the dozen, and often many of these "Acupuncturists" have had little or no formal training. The same is true unfortunately of many "dry needling schools" that qualify people in just a weekend.

It's a cause for concern that many physiotherapists today offer "dry needling" or acupuncture after a two or three day course and then claim to be full acupuncturists. Nothing could be further from the truth. It simply is not possible to learn a comprehensive system of medicine in a weekend.

With this in mind, please make sure that the acupuncturist you go to is fully qualified and has spent **at least** 3-4 years studying this system of medicine and has the required numbers of hours studied. Furthermore make sure that your Acupuncturist is registered to an approved body such as the Acupuncture Foundation Professional Association (www.afpa.ie), or the Traditional Chinese Medical Council of Ireland (www.tcmci.ie). Any member of these associations has the relevant qualifications and adheres to the strictest standards of moral, ethical and technical practice.

Acupuncture and Health Insurance -

On a final note, if attending a properly registered practitioner and member of the above groups you can claim back some of the treatment costs from your health insurance. As a member of the AFPA for instance my patients can claim costs back from VHI, AVIVA, BUPA, QUINN, and Garda Medical Aid.

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Chapter 8

The Most Crucial Step!

Well, there you have it, all the information you need to look after yourself and your family in light of this new virus. We've looked at the real facts behind the "Swine Flu" Virus, and the problems with the conventional treatment methods, in particular with Tamiflu. Finally we've explored the three keys to surviving "Swine Flu" and boosting your immune system

- Good hygiene
- Chinese Herbal Medicine
- Acupuncture

And you've got some of the tools you can try today, such as the Wei Qi Boost Soup, My Cold Cure Tea, and the Beijing Flu Prevention Drink recipes. Finally, I've shared with you a simple self massage guide to keep you healthy.

These are very powerful, all-natural ways to greatly improve your immune system and prevent infection of Swine Flu and all other colds and Flu's.

I sincerely hope this information has been eye-opening for you. But let me tell you one more thing here that is perhaps the most important piece of advice I can share with you:

It is essential that you take action!

Learning this information will only get you so far.

Before you go back to your daily life, make it a goal right now to act upon what you have learned. Make room in your daily schedule for immune boosting activities such as the acupressure massage. Implement a new dietary plan that strengthens your lungs and Wei Qi, to prevent infection and illness and make the Soups and Tea's presented here a regular part of your lifestyle. Best of all, find a qualified local acupuncturist in your area who can serve as your health coach, get your immune system balanced and help strengthen your body's overall health.

You and I both know how easy it is postpone the things that really matter. It's always important to come back to the question, 'Without my health, what do I really have?' Making lifestyle changes can itself be stressful, as many of us slip in to routines of convenience due to our hectic lifestyles that are hard to break. When many of us want to make the crucial change to a healthier more balanced lifestyle we are often unsure of what to do, try many different routes at once and achieve very little, leaving us more stressed and unwell than before.

This is another reason why it's so important to seek out the guidance of a skilled health practitioner who can support you in this process. Take the steps starting right now to make the changes that will lead to more peace and balance in your life!

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Chapter 9

A LITTLE BIT ABOUT ME

My name is Paul J. O'Brien and I'm a qualified acupuncturist with a private practice in Terenure, Dublin, Ireland. My practice specializes in the treatment of immune diseases, fertility, pregnancy, spinal injuries and weight loss.

I use a combination of therapies such as acupuncture, herbs, nutrition, oriental body balance, life coaching, and stress-reduction techniques to help treat the root cause of my patients' health concerns.

Along with being an acupuncturist, I'm also the author of the book ***The Secrets of an Energetic and Abundant Life: Simple Guide to Understanding Traditional Chinese Medicine*** and ***7 Seconds to A Perfect Body***.



If you're wondering exactly how my approach to boosting your immune system and clearing colds and flu's can help you, I want you to read what one of my patients have said about their care:

I had just finished a course of antibiotics for a chest infection which was not improving. By accident I came across a leaflet for the Meridian Acupuncture Clinic while in KCR Carlisle Gym. From the moment I met Paul O'Brien I knew that acupuncture was going to work for me.

He made me feel at ease and his confidence gave me hope of a cure without medication. I couldn't believe that I could relax while I had needles in my body.

My chest infection disappeared naturally. Sleepless nights a thing of the past and I felt like a connection between my mind and body.

I would recommend Paul O'Brien to everyone without hesitation.

*Breda Daily, 59
Public Servant,
Dublin.*

I have had the good fortune of working with and helping many patients with similar health concerns. Chances are I can do the same for you.

To schedule an appointment or to book a speaking engagement, please call 087 901 9627 and visit www.meridian-acupuncture-clinic.com for health tips, wellness resources, and a comprehensive selection of self help articles and guides.

**ARE YOU CONCERNED ABOUT SWINE FLU? ARE YOU READY TO
INCREASE AND STRENGTHEN YOUR IMMUNE SYSTEM AND
REDUCE THE RISK OF INFECTION AND SWINE FLU SYMPTOMS?**

****I invite you to call my office at 087 901 9627 to discuss your Healthcare needs or to set up your first appointment. Because I want you to get the care and support you need, I'll even give you €20 off your first appointment if you call within 1 week of reading this report.****

If you'd like to learn more about my practice and how I can help you, I encourage you to visit www.Meridian-Acupuncture-Clinic.com where I have a complete guide to Chinese Medicine along with numerous health articles.

I understand that treatments like acupuncture and herbs may be entirely new to you and I want to make sure that you get your questions answered and feel confident that this approach can indeed help you. My goal is to be a resource of knowledge and inspiration for you as you make lifestyle changes that are more life-affirming, increase your health, immunity and well being.

Thanks again for making time for yourself to read this important information and I very much look forward to hearing from you soon!

The Secrets to Surviving Swine Flu

Appendix 1

Recipe Guides

Wei Qi Boost Soup

Ingredients –

- 1 whole chicken
- 2 pints of water
- 1 tsp. olive oil
- 10 oz. shiitake mushrooms
- 1 tsp. chopped ginger
- 4 chopped garlic cloves

Directions

4. Place chicken in water. Bring to boil, simmer 1 hour.
5. Add shiitake, ginger, garlic, and oil.
6. Simmer 45 minutes longer.

Cold Cure Tea

Ingredients -

- 2 cloves of garlic
- 1 chopped scallion
- 1 Tbsp. miso
- 4 cups water
- 1 inch piece of fresh ginger

Directions –

1. Add all ingredients, bring to boil, simmer for 15 minutes.
2. Drink 1 cup every hour. You will begin to sweat.

Beijing Committee of Experts for Flu Prevention and Control Flu Prevention Tea

Ingredients -

- 3grams Honeysuckle,
- 3grams Woad root,
- 3grams Licorice root
- 3 grams Peppermint

Directions –

1. Mix with boiled water. Can be gargled or drunk as a tea substitute.
2. Can be used for seven consecutive days.

The Secrets to Surviving Swine Flu

Appendix 2

Awaken your Immune System Massage

Rub each of these acupuncture points with your finger for 30 - 60 seconds 3 times a day to stimulate and promote the circulation of Wei Qi (Immune System) within your body, restoring health and well being. (See the Appendix for Point Location Images)

1. Lung 7 (LU7) - Roughly 2 inches above the base of the thumb.
2. Lung 5 (LU5) - On the thumb side, at the elbow crease, just off the biceps brachii tendon.
3. Lung 1 (LU1) - On the chest, below the collar bone, approximately 6 inches from the center of the chest.
4. Lung 9 (LU9) - On the wrist crease, just below your thumb.
5. Large Intestine 4 (LI4): On the back of the hand between the thumb and first finger. In the fleshy part of the hand.
6. Large Intestine 20 (LI20): On the face, level with the bottom of your nostril, on the groove that is formed when you smile.
7. Ding Chuan - On the back, approximately 0.5 inches lateral to the spinal process of C7.

