

HOW TO MANAGE COMMON COLDS or INFLUENZA (flu) NATURALLY With Nutritional and Medicinal Embryonic Plant Extracts (EPEs).

By
Dominique Richard © 2016

With the approaching cold season and its many different strains of the common cold and influenza, I thought it appropriate to review how to prevent such infections.

The common cold and flu are NEVER caught from exposure to cold air or a draft. Instead, they are ALWAYS spread by direct contact with an infected person, or by larger airborne droplets that are launched a few feet by exhaling, coughing, or sneezing; the tiny particles remain in the air until they are inhaled through the eyes or nose (not the mouth).

Exposure to a virus does not mean the exposed person will definitely get sick.

- Most viruses that cause the common cold survive on the hands for a short time. While many last for only a few minutes, 40% of rhinoviruses are still infectious on the hands after one hour.
- Respiratory Syncytial Virus (RSV), another cold-like virus, can cause serious illness in children. RSV can survive on worktops and door handles for up to six hours, on clothing and tissues for as long as 45 minutes, and on skin for up to 20 minutes.
- Influenza viruses, capable of being transferred to hands and causing an infection, can survive on hard surfaces for a full 24 hours.
- The BEST PREVENTION against these infections is HYGIENE.

Several factors are involved in the transmission of a cold or flu, including: host susceptibility, immune function status, and virulence of the organism, as well as lack of exercise, lack of sleep, poor-quality sleep, stress, depression, mood, and poor diet. In addition, people who have a positive outlook and generally tend to be happy and more relaxed have shown to have a lower risk of developing a cold. On the other hand, low adrenal function – i.e., low DHEAs (more on this in the Cytokines section below) – greatly increases one's risk for colds and other infections, as well as the severity and duration of the illness.

Embryonic Plant Extracts (EPEs) for the Prevention or Management of the Common Cold and Influenza (flu) Symptoms.

Arresto Prevento PSC® is to be taken immediately upon feeling the first symptoms of a common cold or flu. Take 15 drops every waking hour (16 times per day) or 30 drops every two hours (8 times), for two solid days, and then just as needed (3-4 times per day). About 90% of the time, this Vegetable Embryonic Serum (VES™) complex will abort most common cold and influenza symptoms, or at least greatly reduce their severity and duration. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

The trick here is that Arresto Prevento PSC® must already be in your “medicine cabinet arsenal,” because if you have to order it once you suspect cold or flu symptoms, it is too late. Unfortunately, if you fail to start at the very early-onset of symptoms, you may end up with a full-blown infection. However, it will still be reliable for reducing the severity and duration of most common colds and flus. Taking 30 drops 4 times a day throughout the duration of these infections is good at inhibiting viral replication. Children < 80 lbs. 1/2 (15 drops 4 times daily), and infants 1/3 (10 drops 4 times daily), of the recommended adult serving.

Always put the herbs into a minimum of a quarter cup of high-quality filtered water or organic apple juice. It is important to sip the herbs sublingually (under the tongue) in order to get their full benefits, since the stomach’s hydrochloric acid is notorious for destroying plant enzymes; absorbing them sublingually not only prevents this, it also delivers the enzymes into the bloodstream (where needed most) more rapidly.

Think of Arresto Prevento PSC® as the “natural Tamiflu.” This VES™ complex contains a combination of single embryonic plant extracts (EPE) that work synergistically, and without the adverse side effects reported from the synthetic drug Tamiflu.

Please Note: for a reason that remains unknown, Arresto Prevento PSC® will not be effective in aborting about 8% of viral strains.

Antibiotics and the Common Cold

Antibiotics are for bacterial infections, not viral infections. In fact, they are not effective for ANY VIRAL INFECTION WHATSOEVER. Due to misuse of antibiotics, we now have “Super Bug Strains” that can last up to two months. This is courtesy of physicians prescribing antibiotics without ever seeing the patient.

Nowadays, it is very common to have low-grade colds that can last about two months. Furthermore, when run-down and already sick with one cold, you are more susceptible to multiple colds all at once or to catching one cold after another. This is precisely why people often think they are relapsing, when in fact they have actually caught another cold or are living through the various strains of a super bug. In the case of the super bug, this means getting better for a few days only to have the symptoms again flair up, until you have lived through all strains.

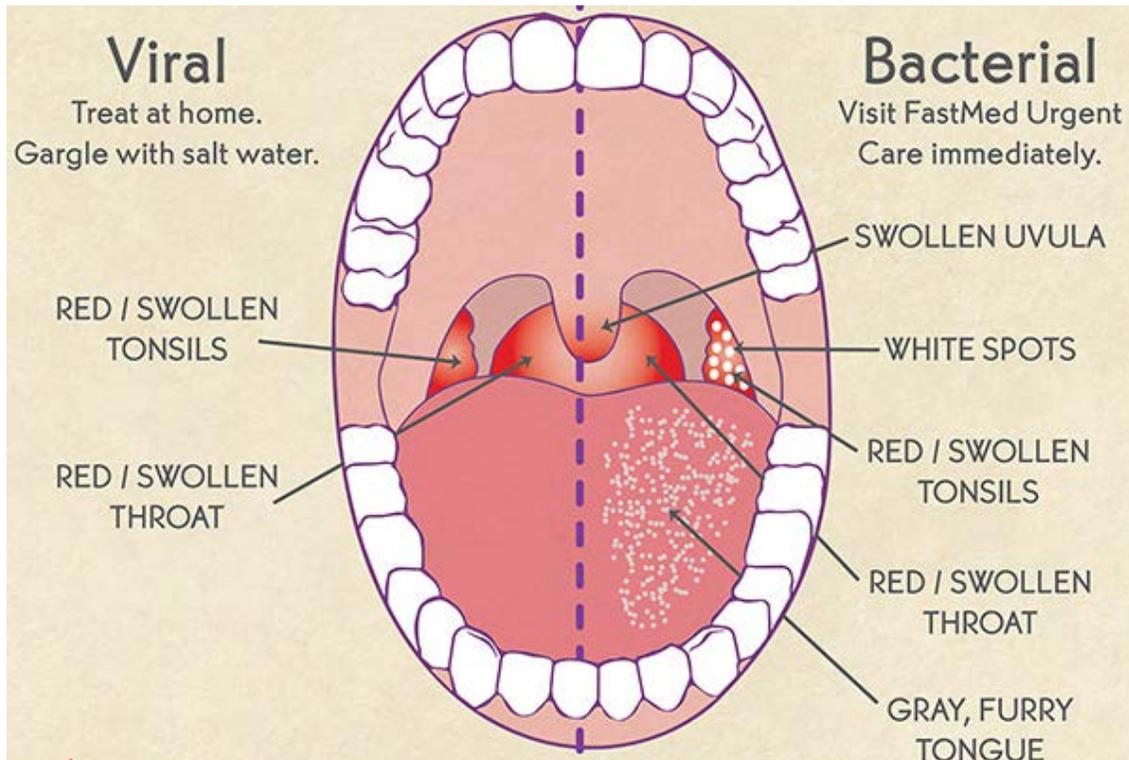
So, now that you know the nature of today's types of common cold, DO NOT RUSH to call your physician for an over-the-phone antibiotics prescription. You must be seen in person to determine if antibiotics are absolutely warranted.

Prior to taking any antibiotic for any infection, always insist on having a culture and sensitivity taken first for back-up, in the event of antibiotic failure.

What qualifies for a course of antibiotics? Severe symptoms, including:

- A sudden skin rash.
- Body aches that persist.
- Excruciating sore throat that feels like fire with laceration and painful swallowing; may include complete loss of voice (laryngitis).

- Huge tonsils with discharge of pus, white/grey-colored spots on tonsillar beds and/or tongue and pharynx. Red and swollen tonsils, sometimes with white patches or streaks of pus.
- Nausea or vomiting, especially in young children.
- Persistent fevers and headaches.
- Swollen, tender lymph nodes in the neck.
- Tiny red spots on the roof and/or back of the mouth (soft or hard palate).



Generally speaking, these symptoms can be signs of a more serious infection, like bacterial strep throat. However, this is not always the case, as the same symptoms can be associated with a viral infection or other illness. It is critical that you determine the source of symptoms like these, because an undiagnosed (and therefore untreated) bacterial strep infection can be very dangerous.

Even without antibiotics, a bacterial streptococcus infection will often disappear on its own, only to return a few weeks later, with a potentially dangerous vengeance. The inflammatory disease, Rheumatic fever, is generally caused by a streptococcus infection that was either never treated or inadequately treated. Rheumatic fever is particularly dangerous because complications can result in permanent damage to the heart (endocarditis or pericarditis); symptoms often include persistent joint pains and adverse effects on the central nervous system (CNS). Furthermore, it can potentially cause brain and muscles damages, and can lead to skin rashes and indurated nodules. Other dangers include infections in the ears, sinuses, chronic tonsillitis, and a kidney disorder known as glomerulonephritis. Scarlet fever, also known as scarlatina, is another serious complication of the strep infection, which presents itself with a rapidly spreading rash all over the body. Surprisingly, obsessive-compulsive disorder (OCD), when a patient

experiences a series of compulsive repetitive actions (e.g., hand washing, excessive worrying and speaking, nervous tics, and involuntary limb movements), can develop following an untreated strep throat infection. Finally, although rare, an untreated strep throat infection can lead to a pediatric autoimmune neuropsychiatric disorder associated with group A streptococcal infection (PANDAS). Researchers also identified several other infectious agents known to cause significant auto-inflammatory reactions associated with neuropsychiatric symptoms, including influenza, varicella, and even *Borrelia burgdorferi* (Lyme disease), but the diagnosis of PANDAS is limited to streptococcal infections.

A streptococcus infection that is left untreated can lead to life-threatening events.

The Old Myth of Green Snot, which tells us that a green colored snot, or phlegm, is a sign that antibiotics are required, is erroneous. In most healthy individuals, the production of yellow or green snot, with or without a cough, will stop when the cold or 'flu-like illness' clears up. At first, the snot is clear. Yellow snot indicates that the cold is progressing and when it turns green, your immune system is really fighting the infection. Some infection-fighting white blood cells contain a green substance (a protein), so the more these cells are present, the greener your snot will be, demonstrating a stronger immune system. The green color of mucus comes from the heme group in the iron-containing enzyme, myeloperoxidase, secreted by white blood cells as a cytotoxic defense during a respiratory burst. Unfortunately, this old wives' tale is still indoctrinated in the minds of many people, including some physicians. Almost all sinusitis infections are viral, in which case antibiotics are ineffective and not recommended for treating typical cases. Only a sinus culture swab can possibly demonstrate a bacterial sinusitis, which is why you should insist on having a culture taken.

Know when to seek help from your physician: if green mucus persists for more than a week and is not decreasing; if you start having sinus pain, also called "sinus headache," that does not go away; or if you are having persistent fevers.

I can affirm that some foods can impact the production of mucus, to a degree. Most people do not realize, for example, that pasteurized and processed cheese and other dairy products can cause sinus pressure in some individuals and excess mucus in others. Dairy should be avoided during excessive mucopurulent discharge or congestion.

There is so much more to mucus than meets the eye or than what we experience when having a cold or the flu. Mucus helps keep us healthy by warding off infections. Our nose and throat glands produce up to 2 quarts of it every day. It serves as a moist film that helps keep our nose from drying out. The purpose of this mucus is to help shield the lungs from dust, bacteria, exhaust fumes, cigarette smoke, viruses, and other particulates that float through the air and that can become intruders. When we are healthy, we don't even notice it's there. However, when we become sick, it's an altogether different story. It thickens, and can become harder and excessive, which makes it more difficult to clear. It tends to pool and gets stagnant, making us feel miserable.

How to care for yourself naturally with PSC product lines when having a full-blown cold, flu, or viral bronchitis and coughs, including sore throat, and nagging postnasal drip (PND).

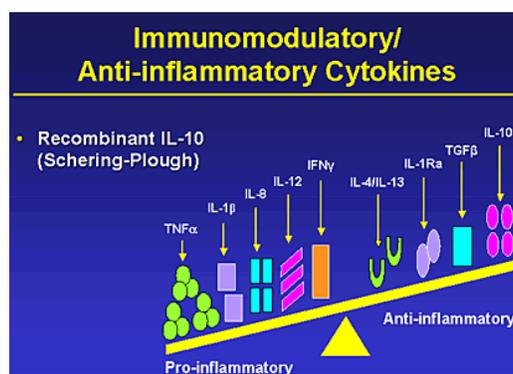
You should already have on hand the following PSC® Vegetable Embryonic Serum (VES™) complexes:

Allergy Depurato PSC® is for **wet symptoms**: sneezing, runny nose, with muco purulent discharge and/or watery itchy eyes with much inflammation of the eyes, nose, and throat.

Recommended Adult Dosage: 15-25 drops 3-6 times per day as needed, which depends on your response to the dose taken. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

Despite being called Allergy Depurato, this product is also useful for some symptoms associated with a common cold. It helps to reduce a violent immune response, where a specific type of immune cells, called the pro-inflammatory cytokines, get wild and cause eyes, nose, or throat inflammation. This is sometimes difficult to differentiate from seasonal or year-round allergies because, in fact, all of these symptoms cause a very similar immune response (reaction).

Cytokines are chemical messengers that allow cells to communicate with one another. Pro-inflammatory cytokines are a subclass of immune cells that play an important role in cell signaling and promoting systemic inflammation. They are produced predominantly by activated macrophages and are involved in the upregulation of inflammatory reactions. In contrast to the antiinflammatory cytokines, which promote healing and reduce inflammation, pro-inflammatory cytokines act to make a disease or condition worse. Many of the symptoms of the common cold are caused by the production of pro-inflammatory cytokines. For example, the Rhinovirus infection can increase interleukin-6 (IL-6), interleukin-8 (IL-8), and granulocyte-macrophage colony-stimulating factor. Elevated levels of these stimulatory cytokines attract white blood cells to the infected area and have direct effects on the underlying tissues, producing commonly experienced symptoms, like mucosal swelling, irritation, and increased mucus production. Circulating cytokines also produce systemic signs and symptoms, such as fever, muscle body aches and pains, diminished appetite, and fatigue. Studies have shown that increased stress greatly increases the risk of developing the common cold, as well as increases in the severity of symptoms, increasing mucus production and leading to higher concentrations of interleukin 6 (IL-6).



Cytokines are also called Interleukins (IL)

Tumor necrosis factor (TNF), Interleukin beta 1 (IL-1), Interleukin 8 (IL-8), Interleukin 12 (IL-12), and Interferon gamma (IFN γ) are all pro-inflammatory cytokines.

The Immune-Boosting Hormones DHEA and Melatonin.

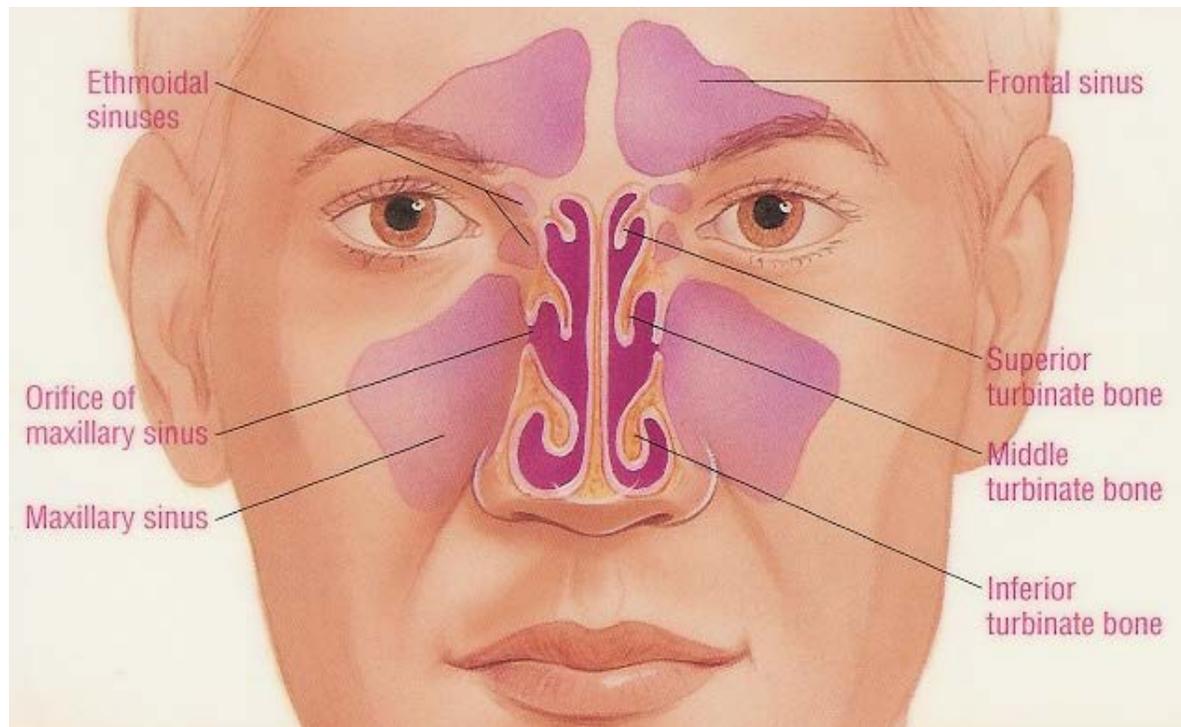
Dehydroepiandrosterone (DHEA) and its metabolites have demonstrated powerful immune-enhancing and antiviral effects. One reason influenza can be so lethal to older people is that their immune systems are weak. A deficiency in DHEA appears to be partially responsible for the age-related decline in immune function. One study showed that a metabolite of DHEA augmented activation of T-helper cells and protected mice from a lethal influenza virus infection.

Melatonin produced by the human body, or from Sour Cherries and its phytomelatonin content, has broad-spectrum immune-enhancing effects and has been specifically shown to decrease viral load and prevent death in mice infected by certain viruses. The following was the conclusion of one melatonin study: "The immunomodulatory, antioxidant, and neuroprotective effects of melatonin suggest that this indole must be considered as an additional therapeutic alternative to fight viral diseases." Another study examined the immune function benefits of melatonin and found that melatonin activated IL-2 and gamma interferon, the body's natural hormone-like agents that facilitate the T-helper cell production that improves the immune system. The same benefits are not observed when taking animal-derived melatonin.

When you are sick, eat especially well and get good rest. Remember that phytomelatonin can help you sleep more soundly, and that the plant containing the highest amount of phytomelatonin is Sour Cherries Montmorency – *Prunus Cerasus* (buds) 1:10 double strength: 50 drops = 0.5 mg and 150 drops = 1.5 mg of melatonin. This is equivalent to a porcine (pork)-derived melatonin that will never restore melatonin levels and that will cause a chronic need for it. On the other hand, Sour Cherries with time can restore the level of human melatonin, providing you also decalcify the pineal gland where melatonin is made, with Passion Flowers bud extracts (15 drops 3 times daily), something that porcine-derived melatonin could never do.

Sinus Eliminato PSC® is for viral sinusitis congestion (clogged) associated with or without a sore throat, but not for bacterial streptococcus infections that always require antibiotics.

Recommended Adult Dosage: 15 drops 6 times per day or 25 drops 4 times per day, 4th time always at bedtime. **DO NOT EXCEED 100 DROPS PER DAY**. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving. Caution: if you take too much Sinus Eliminato, you will overstimulate the turbinate (sinuses), resulting in coryza (a runny nose), in which case you will then need to replace it with Allergy Depurato.



Mechanical Interventions for Sinus Mucus.

I find that regular table salt-derived saline nasal rinses and sprays are too caustic and irritate the delicate membranes of the turbinates (the two canals of the sinuses). Neti pots are very popular and tend to work adequately.

Naväge <https://www.navage.com/> is an electronic type of gentle sinus vacuum cleaner and irrigation that seems to work better than the hit-and-miss use of Neti pots. You can add Celtic sea salt or Xylitol to your Neti pot to prevent bacterial sinusitis (antibacterial); or you can add Alkalol, which is intended for sinusitis and some allergies and is used at variable strengths, depending on response or personal preference, as well as on the thickness of the mucus present in the nose.

For Celtic sea salt OR Xylitol, add 10% of either one to 90% lukewarm distilled water only, dissolve well, and then irrigate 2-3 times daily. By all means, if this routine irritates more than helps, discontinue immediately.

Alkalol: a 16-oz. bottle is about \$7.00. Alkalol Ingredients: Purified water (USP); menthol; eucalyptol; thymol; camphor; benzoin; oils of wintergreen, spearmint, pine, and cinnamon; potassium alum; potassium chlorate; sodium bicarbonate; sodium chloride; alcohol (2/100 of 1%). This product has been around since 1896 and is inexpensive. I like this product, as it seems to work well for most people. For sinonasal disease: a natural, soothing mucus solvent and cleaner. It helps improve the function of cilia, the protective tiny hairs lining the nasal cavity. Furthermore, it helps promote a mucociliary flow, the body's natural nasal cleansing system. It provides natural relief for nasal congestion caused by colds, flu, sinusitis, and allergies, as well as aids in the prevention of these conditions and diseases. With invigorating extracts and essential oils, it dissolves excess mucus, helps to cleanse and moisturize nasal passages, and is refreshingly strong.

Start with a mild dose and adjust according to preference and need.

- **Mild:** add 1 teaspoon of Alkalol to a Neti pot, filling it approximately 20%, and the balance with 5-10% Celtic of lukewarm distilled water.
- **Medium:** add 2 teaspoons of Alkalol to a Neti pot, filling it approximately 40%, and the balance with 5-10% Celtic of lukewarm distilled water.
- **Strong:** add 3 teaspoons of Alkalol to a Neti pot, filling it approximately 60%, and the balance with 5-10% Celtic of lukewarm distilled water.
- **Extra-Strong:** add 4 teaspoons of Alkalol to a Neti pot, filling it approximately 80%, and the balance with 5-10% Celtic of lukewarm distilled water.

Warning: Sinus irrigation should be avoided if you are fighting an ear infection (otitis). Also, do not rinse your nasal passages if either nostril is completely plugged or hard to breathe through. If this is the case, you could create pressure and retention of the solution inside the nasal or sinus cavities, causing adverse symptoms in the ears.

Essential Oils (EOs), like Fir, Pine, Sage, and Peppermint, can be applied to the entrance of each nostril to help improve breathing. EO breathing blends are also available for this purpose; in addition, all EOs have antibacterial and antiviral properties and are superior to Vicks VapoRub. You may also apply EOs to your chest, following the manufacturer's recommended use and dosage.

Chamomile tea inhalation: Make a strong cup of chamomile tea, put your elbows on a table with a towel over your head and inhale the vapors for as long as you need. This opens the sinuses and is very soothing. Drinking Chamomile tea is constipating. It is best for external and topical use.

Tapes on the bridge of the nose can be helpful to sleep. You can get these in most drug stores.

Broncho Modulato PSC® is for viral bronchitis, bronchiectasis, smoker coughs, and chronic obstructive pulmonary disease (COPD).

Recommended Adult Dosage for bronchitis: a dropper-full every hour until the cough is under control, and then as needed. At first, you need to repeat the dose and be on top of controlling the cough, rather than letting the cough control you. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.



Propolis Blend (made with organic vegetable Red Palm glycerin and 60% Grape alcohol) is also a good thing to have on hand in the prevention and treatment of the common cold.

It is warranted:

- In some individuals with an initial viral sinusitis, which can sometimes develop into a secondary bacterial sinusitis.
- When a common cold is phasic with multiple strains or when getting too many colds in a row.
- When getting multiple colds in a row, making it difficult to get rid of this infection.

Propolis will serve as a natural antibiotic with antimicrobial (antibacterial, antifungal, antiparasitic, and antiviral) properties. Propolis will help to shorten the course of these infections and, more often than not, is effective in eradicating bacterial sinusitis.

Recommended Adult Dosage: 25 drops 3-4 times per day, 4th time is always at bedtime in order to keep blood saturation. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving. **Take for no longer than 14 days at this higher dose.** If using long-term to prevent infection, reduce to 15 drops 3 times daily. Beware that if you are also taking Allergy Depurato, you are getting about 5 drops of Propolis each time, so reduce Propolis dosage to 20 drops.

Another approach can be the use of Walnut – Juglans Regia (buds) extract that also work as a natural antibiotic for the management of bacterial sinusitis.

Recommended Adult Dosage can be 15 drops 3-4 times per day, 4th time is always at bedtime. You can even take as much as 25 drops 3-4 times per day. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving. Beware of the fact that if you are also taking Sinus Eliminato, it already contains some Walnut extract, and while it is OK to take more if you are in need, only 15 drops 3-4 times per day.

VIRAL SORE THROAT, TONSILLITIS, LARYNGITIS, and PHARYNGITIS

Gargle with Celtic Sea Salt: 1 tsp into 1/2 glass lukewarm water, gargle as needed.

The following single embryonic plant extracts (EPEs) are NOT SOLD over the counter (OTC) to the general public and can only be obtained from a qualified health care practitioner. Only the VES™ complexes and five single EPEs for topical use are sold OTC.

Black Elder – Sambucus Nigra (buds): one of the herbs presents in Arresto Prevento, it inhibits viral replication and is very good for laryngitis, which is why it is a good practice to continue some Arresto Prevento while sick to prevent complications. I would take 30 drops of Arresto Prevento 4 times per day for the duration of the cold. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

Cedar of Lebanon – Cedrus Libani (young shoots): for infectious mononucleosis, tonsillitis, laryngitis, and pharyngitis. Dosage needs to be high, e.g., 25 drops 4 times per day. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

European Alder – Alnus Glutinosa (buds): very effective for sore throat, 25 drops 4 times per day. You can also gargle with it and then swallow. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

Horsetail – Equisetum Arvense (young shoots): 15 drops 4 times per day for tonsillitis and when having nose bleed with a cold from blowing your nose so much. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

Lemon Tree – Citrus Limonum (bark): for tonsillitis, and sore throat, 15 drops 4 times per day max. You can also gargle with this plant, but you would gargle swallow every time and do not spit. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

Raspberry – Rubus Idaeus (young shoots): Topical Uses: gargle for tonsillitis. Especially for young girls, girls becoming women, and the extreme post-menopausal. 15-25 drops into ½ glass lukewarm water 4 times a day: gargle, spit, gargle, spit, and last gargle is swallowed to reach the lower areas of the pharynx. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

Silver Fir – Abies Pectinata (young shoots): [Pediatric](#) chronic tonsillitis. Children dosage needs to be high, 15 drops 3-4 times a day and half dose for infants. 4th dose is always given at bedtime.

White Willow – Salix Alba (buds): [Topical Uses:](#) Gargle for tonsillitis. NEVER in children below the age of 12. Also, not for adults on prescription blood thinners or having low blood platelets count. Adult recommended dosage 15-25 drops into ½ cup lukewarm water: gargle, spit, gargle, spit, gargle, spit, and last gargle is swallowed to reach the lower areas of the pharynx.

Boxwood – Buxus Sempervirens (young shoots): **BEST to reduce FEVER**, 10-15 drops as often as needed, even hourly at first until under control. If for some odd reason it does not work, move on to Motrin in children reaching 103-degrees F. DO NOT wait until you can get a seizure. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

WHAT IS THE DIFFERENCE BETWEEN THE COLD AND THE FLU?

The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult, or even impossible, to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can differentiate between a cold and the flu.

Infectious flu viruses can survive on human body tissues for only 15 minutes. Like cold viruses, infectious flu viruses survive for much shorter periods on the hands. After five minutes, the amount of flu viruses on hands falls to low levels. Flu viruses can also survive as droplets into the air for several hours; low temperatures increase their survival in the air. Heat destroys them, which is why saunas are good to kill some viruses. Parainfluenza virus, which causes croup in children, can survive for up to 10 hours on hard surfaces and up to four hours on soft surfaces.

With the flu, it is common to feel so miserable that you think you're going to die. However, it can sometimes be mild when you have promptly taken Arresto Prevento PSC[®], which can potentially abort it all together. The symptoms of the flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches and pains, headaches, and extreme fatigue. Cold symptoms are usually milder than the symptoms of flu. People with common colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health consequences, such as pneumonia, bacterial infections, or hospitalizations. The flu can have very serious associated complications.

Another very important point I want to make is that when determining if you have a fever, you may think that you don't have one simply because you do not feel hot, whereas with a fever you may, in fact, be feeling very cold and even shivering, while your body may or may not be hot. Only a thermometer can tell you if you have a fever, feeling hot is not the criteria, although it can still be a symptom. It is also important to take your temperature so you may know when it's critical to seek the help of your physician. Prior to calling your doctor, take your temperature so you can give an accurate reading. Furthermore, if your thermometer is operated by batteries, make sure they are not more than a year-old, which can lead to a false reading.

What is a serious fever? Anything over 102-degree F is time to intervene with children and adults. You can take Boxwood 10-15 drops every hour as needed and repeat when the fever is climbing again. White Willow is the original aspirin. Anyone over 12 years of age can take White Willow buds extract at a dose of 15-30 drops every two to four hours as needed, but do not take White Willow if you're a bleeder of any sort or have a stomach ulcer or low platelets. As always, Children < 80 lbs.1/2 and infants 1/3 of the recommended adult serving.

For the flu, Arresto Prevento PSC[®] is essential through the course of the infection, and depending on symptoms and response, you can take whatever is necessary to control your symptoms. It is a product that has a long record of great safety with no adverse side effects reported to PSC distribution LLC. If anything, we've received countless praises from individuals and practitioners who used this product.

Learn why you should NEVER take a flu shot—including the H1N1 vaccine.

The pushing of the vaccine drug companies to get everyone vaccinated against influenza (or the flu) every year makes my blood boil. Not only do influenza vaccines include other suspected ingredients, but the evidence clearly shows that they do not work.

The Dangers of Influenza Vaccines

Vaccines deliver either live or dead viruses directly into the body tissue, short-circuiting your body's normal front-line immune defense system in your respiratory passageways and mucous membrane linings. If your immune system is weak or out of balance when the virus is introduced this way, you could have serious health consequences.

Also, there are controversial additives that have been used for years in seasonal flu shots. The most well-known is thimerosal, a mercury-based preservative that can have a devastating effect on the brain and immune system dysfunction. Most flu shots each contain 25 mcg of this toxin.

The live virus "Flu Mist" vaccine does not contain the mercury-based preservative called thimerosal or adjuvants with it, but there are serious concerns regarding this vaccine option, as well. For one, the Flu Mist virus is not a naturally-occurring virus, but rather a laboratory-created influenza variant. The virus also has the potential to "shed," which means it could be transferred to other household individuals. This could be a serious concern if anyone in your home has a compromised immune system or was not vaccinated with the same flu vaccine.

Worst of all is that the flu shot is based only on a psychic prediction because NO ONE KNOWS what is to come in the next flu season. It is a wild guess, arbitrarily chosen at random. This is far from being science-based evidence and is worse than a psychic prediction. The CDC admitted that this year's flu shot contains the wrong strains, and this is not the first such year – look it up for yourself. It's a travesty that our immune system's reserve of B-cells is being depleted to make these memory cells from vaccines. All of us have only a finite number of B-cells in our lifetime. You don't want to use this reserve for unnecessary vaccinations.

Here are the results of what was found in the influenza vaccine from GSK (lot #9H2GX) from an independent study.

Aluminum: 0.4 ppm

Arsenic: 0

Cadmium: 0

Lead: 0

Mercury: **51 ppm** still present to this day, although they said they were not using mercury anymore. Physicians, pharmaceutical companies, pharmacists, and mainstream media continue to lie about mercury in vaccines to this day.



Foods That Help Clear the Sinuses:

Fresh fruits

- Apples
- Apricots
- Avocados
- Lemons are best.
- Peaches
- Pears
- Pineapples are second best.

Vegetables, especially the cruciferous, are known for their cleansing and medicinal properties, including herbs. Using several vegetables and herbs is preferable for variety and rotation.

- Asparagus
- Black pepper for the lungs.
- Cauliflower
- Cayenne pepper
- Chiles
- Garlic, shown to have "antibiotic-like" antiviral and antibacterial properties.
- Ginger (never on an empty stomach if you suffer from acid reflux or hiatal hernia).
- Green beans
- Horseradish is very potent.
- Mint tea, Rosehip, and Green tea
- Miso soup
- Onions

The good old Jewish Chicken Penicillin Soup has also proven effective when having a cold or the flu. You should only use organic chicken and add your vegetables only in the last phase of cooking to avoid over-cooking them. Fresh Bay leaves should always be part of any chicken soup it's a great expectorant and bronchodilator; fresh rosemary is also effective, and remember to not cook your garlic for more than a minute to preserve its health benefits.

INTESTINAL VIRAL INFECTION

Purple Coneflower – Echinacea Purpurea (embryonic roots + buds of flowers) is the *polycrest* for this condition. Recommended Adult Dosage: It should be as high as **50 drops** 3-4 times per day, 4th time is always given at bedtime. Children < 80 lbs. 1/2 and infants 1/3 of the adult recommended serving. This plant will be best to arrest **viral intestinal-caused diarrhea**, it will work promptly within one to three days; if it persists, please seek the help of your doctor.

GRANDMA'S HOT TODDY COLD REMEDY

Back in 1918, when people were dying all over the world from influenza, a popular African American Pharmacist from Central Pennsylvania discovered that if you take a shot of whiskey a couple of times a day, it cured the influenza. It is said that is why influenza did not spread in epidemic proportions in Central Pennsylvania. When unable to fall asleep due to very bad cold or flu with severe congestion, this can sometimes be a wonderful adjunct, but not for everyone and of course not for children under 12. Of course, if you are looking for a home remedy for children just leave out the rum or whiskey, it's still very soothing to the throat, and it's a considerable home remedy for coughing. My great-grandmother, who knew that she would live to be 105, used to come over when I was stricken with a cold or flu. Even as a child she would give me two tablespoons of her homemade cough brandy recipe below. Two tablespoons, and not the whole thing, is the key. When febrile, I remember feeling much better the next morning after she would give me this brandy-based homemade remedy. I was only 8 or 10 years old.

Ingredients and Recipe

1 tsp of Crystalized Champlain Valley Clover Honey. However, remember that honey should never be given to infants; they could get a botulism infection from it. Only give it to children older than 1.

Formula:

1 ½ cups of hot filtered water or black tea or herbal tea like Mint, however, no Chamomile since it can cause constipation.

1-2 ounces of Brandy (Whiskey, Scotch, Rum, Bourbon, etc.)

1 tbsp. of fresh squeezed Lemon.

You can add a bit of cinnamon, ginger, or clove if you want.

This can also be mixed into a cup of green tea.

MIX TOGETHER and SIP – it aids in falling asleep and helps sweat away the cold.

MUSTARD PLASTER

Combine 1/3 pound of freshly ground (or dry) mustard with warm water to form a paste. Place a thin wool cloth on the chest, brush the paste on the cloth and wrap in a towel. Remove in 10-15 minutes. The paste promotes circulation in the chest and reduces throat irritation and the urge to cough. **Caution:** This remedy may cause skin irritation. I also remember my great-grandmother putting two tablespoons of dry mustard into my bath, and I would sweat profusely.

GRANDMA'S NATURAL HOME REMEDY FOR EARACHE.

It always amazes me how few people know about Grandma's Natural Home Remedy for Earache. Using this simple recipe will not only soothe and cure your earache, it can also be used to prevent suffering from this miserable earache pain ever again.

There is nothing more frustrating than dealing with a child suffering from an earache. Watching those tears roll down their cheeks and their hand cupped over their ear melts your heart.

You quickly know when an infant is suffering from an earache because you will see them crying and pulling on that ear. This Home Remedy for Earache Recipe offers quick relief and can be used as needed throughout the day or night.

Go to your local drug store and buy a bottle of Glycerin and a box of Q-tips. Besides warm tap water, that is all you need. If you can't find the Glycerin, ask your pharmacist. It's very inexpensive and will last a long time. While you are there, buy a hot-water bottle. They are also inexpensive and will last you for many years. Do not buy an electric heating pad!

- Hold a Q-tip under warm running tap water.
- Dip the warm moist Q-tip into the bottle of Glycerin.
- Get the Q-tip good and moist with Glycerin.
- Do Not Put the Q-tip Deep into The Ear!
- Hold the tip at the opening of the ear and just slowly twirl the tip to release the fluid into the ear.
- Repeat all the steps several times until the patient feels the Glycerin running into the ear.
- Have the patient lie down on the opposite ear for a few minutes to allow the liquid to run deep into the ear.
- After about 30 minutes, take a clean dry Q-tip and gently clean some of the wax from the ear, but don't go deep!
- Wait about an hour and repeat. The patient should be feeling a bit of relief but repeat anyway.
- Repeat these steps a couple of times the first day, then again as needed over the next couple of days.

It also helps to use a hot-water bottle by either lying on the hot-water bottle directly or holding it to the ear. This will soothe the area and melt the wax that may be lodged in the

ear. The moisture from the hot-water bottle will also cause the heat and Glycerin to penetrate deeper into the ear.

Sometime a **clove of peeled garlic** put at the entrance of the affected ear is all you may need. Do not insert too deep, but in just enough to stay in place and leave for 15 minutes then remove and repeat as needed. This method works well on reducing earaches, and at least makes your child feel better until you can see a pediatrician. And sometimes this method alone is all you may need to cure a minor ear infection.

OTITIS MEDIA

A very old remedy for otitis that physicians used in the early 1800's was a tincture of **Belladonna** \emptyset , which possesses both antibacterial and analgesic activities. Tilt the head and put one drop of belladonna into the affected ear; it will sting and burn due to the alcohol but for only a few seconds, followed by a cotton piece so it won't come out. You can do three times a day until gone, which can take 3-5 days. This works well most of the time. Do not use a dilution but a pharmaceutical grade 10% classic mother tincture. You can obtain this only if you are a licensed physician from a Homeopathic laboratory.

FAR-INFRARED SAUNA THERAPY can dramatically improve the body's resistance to common colds, flus, allergens, and seasonal viruses. By deep heating the body with radiant heat, the infrared sauna can raise the core body temperature by 2–3 degrees F. This elevated body temperature acts as an induced fever, and the heat itself can destroy harmful germs, viruses, and bacteria¹.

Fever increases the body's resistance level to disease and combats infection. By increasing the body temperature, more leukocytes (white blood cells) are released into the bloodstream, where they attack harmful microorganisms and deprive them of the nutrients they need to survive².

There are several types of leukocytes present in our blood and lymphatic systems, and each category is effective in combating different bacteria, fungi, parasites, viruses, allergic reactions, and inflammatory responses. Lymphocytes make antibodies that bind to pathogens to enable their destruction³.

References:

1. Soszyński, D (2003). "The pathogenesis and the adaptive value of fever." *Postepy higieny i medycyny doswiadczalnej* 57 (5): 531–54. PMID 14737969.
2. Alberts, B. (2005). "Leukocyte functions and percentage breakdown." *Molecular Biology of the Cell*. NCBI Bookshelf. Retrieved 2007-04-14.
3. Maton, D., Hopkins, J., McLaughlin, Ch. W., Johnson, S., Warner, M. Q., LaHart, D., & Wright, J. D., Deep V. Kulkarni (1997). *Human Biology and Health*. Englewood Cliffs, New Jersey, USA: Prentice Hall. ISBN 0-13-981176-1.

What is the optimal time/temp for a typical sauna session? After you break a sweat, 20-30 minutes is a good session. Temperature setting of 115-135 degrees F. For the first week or two they recommend that you limit your sessions to every other day, as your body adjusts to absorbing infrared heat.

How Often Should I Turn on the Air Ionizer? The Air Ionizer should be used at the end of your sauna session for 15-30 minutes. To turn on your Ionizer, press the Outside Lights button and Ionizer will activate. This cleanses the entire sauna cabin.

I personally have this sauna and for at least 15 years every time I feel I'm coming down with the cold or flu, I take a 20-minute sauna and, along with taking Arresto Prevento PSC[®], will rarely graduate to a full-blown cold or flu.

Just make sure to hydrate yourself with plenty of high-quality filtered water and always take a shower after a sauna, but wait until you are cooled down and don't catch a draft or anything like that as you might end up with torticollis. Never take a sauna and Epsom salt bath on the same day. You can go to your health club and get in the dry sauna, but not the steam room. 20 minutes is a good average time and is sufficient; I find 30 minutes too much, and I take my sauna at 130 degrees F. Your skin will feel like a baby's skin afterwards.

<http://rockymountainsaunas.com/> offers a portable model for two people. I paid, on sale, \$1,800, though now they have gone up to \$2,600. They will last a lifetime with very little maintenance. If you ever consider buying one, it is in the summer that you will find sales. They really make you feel great after you are finished being tortured by the heat and sweating. All indications for their use are on their website.

Strive to have a great day every day and nail those nasty viruses. Remember embryonic plant extracts are always dose dependent – take as much as you need and as often as you need. If you experience any complications do not hesitate to reach out for my help.

Warm regards to all, Dominique, and Dr. Lautin.