

LEARN HOW TO MANAGE VIRAL INFECTIONS
When Caused by the Common Colds or Influenza (flu)
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 or influenza, I thought it would be appropriate to review how to prevent such infections.

The common cold and flu are NEVER caught by getting cold or a draft. It is always spread by direct contact with an infected person, or by larger airborne droplets that are launched a few feet by breathing, coughing, or sneezing as tiny particles that remain in the air until they are inhaled, which enter the eyes or the nose not the mouth.

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

- Most viruses, which cause the common colds only survive on the hands for a short amount of time. Many only last for a few minutes but 40% of rhinoviruses, are still infectious on 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 30-45 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 24 hours.
- The BEST PREVENTION against these infections is HYGIENE.

Several factors are involved in the transmission of a cold or flu such as: host susceptibility, immune function status, and virulence of the organism as well as lack of exercise, lack of sleep, or poor-quality sleep, stress, depression, mood and eating poorly. 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. One of the biggest contributors of colds and all types of predisposition and severity to any infection is low adrenal function – low DHEAs (more on this in the cytokine's section below).

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 when you feel a common cold or the flu coming on. Take 15 drops every waking hour (16 times) per day or 30 drops every two hours (8 times), for two solid days and then as needed (3-4 times daily). 90% of the time it will abort most common colds and influenza or greatly reduce their severity and duration. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

The trick here is in trying to abort its progression by taking: Arresto Prevento the minute you suspect any symptoms of an incoming cold or flu. This should already be in your “medicine cabinet arsenal” because if you have to order Arresto Prevento it is already too late. If you fail to start taking Arresto-Prevento at the very early-onset of symptoms, you can end up, unfortunately, with a full-blown infection, however, it will always be reliable for reducing the severity and duration of most common colds and flu's. Taking 30 drops

4 times a day is good at inhibiting viral replication. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

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

Please Note: that for some unknown reason Arresto Prevento PSC® will not be effective in aborting about 8% of some viral strains. However, it will always remain reliable for reducing both the severity and duration of most viral infections related to the common colds and influenza. Taking 30 drops 4 times a day is effective at inhibiting viral replication, even when initiated late. Furthermore, Arresto Prevento should be continued throughout the duration course of these infections. Children under 80 lbs. should take 1/2 and infants 1/3 of the recommended adult serving, which are 15 drops 4 times daily and infants 10 drops 4 times daily. The 4th time is always given at bedtime. Moreover, always put the herbs into a 1/4 cup minimum high quality filtered water or organic apple juice. The reason why you should SIP these herbs sublingually (under the tongue) is so you may get their full benefits, since it is known that the hydrochloric acid content of the stomach is notorious for destroying plant enzymes and while absorbing them sublingually will prevent plant enzyme's destruction and also get into the blood stream more rapidly where needed the most.

Antibiotics and the Common Cold

Antibiotics are not effective for ANY VIRAL INFECTION WHATSOEVER. Due to the misuses of antibiotics, we now have these “Super Bugs Strains” that can last up to two months. This is courtesy of physicians whom over the phone prescribed these 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 catching one cold after another cold. This is precisely why people often think that they are relapsing. When, in fact, they either caught a new cold or are living the various strains of this super bug. This gets better for a few days and again flairs up with returning symptoms until you have lived through all strains. Now that you know the nature of today's type of common colds, DO NOT RUSH to call your physician for him to prescribe antibiotics over the phone. You must be seen in person to determine if antibiotics are absolutely warranted.

Prior to taking any antibiotic for any infection always insists on having a culture and sensitivity being conducted for back up in the event of an antibiotic failure. What qualifies taking an antibiotic? When you are having severe symptoms:

- A sudden skin rash.
- Body aches.
- Excruciating sore throat that feels like fire with laceration and painful swallowing.
- Huge tonsils with discharged of pus, white or grey colored spots on the 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.
- Serious sore throat with the complete loss of your voice and pain.
- Swollen, tender lymph nodes in the neck.
- Tiny red spots within the area at the back of the roof of the mouth (soft or hard palate).

The cause of these signs and symptoms could be a viral infection or some other illness and is not always due to a bacterial strep throat.

What is so dangerous about an undiagnosed bacterial strep throat, is that even without antibiotics it will often disappear for a few weeks, and then returns with a vengeance. Rheumatic fever is one of the most severe dangers of an untreated strep throat. In fact, this inflammatory disease is generally caused by a strep throat that was never treated or inadequately treated. Rheumatic fever is particularly dangerous because of complications can be widespread. Rheumatic fever can cause permanent damage to the heart valves (endocarditis or pericarditis) and also manifest itself in joint pains and affect the central nervous system (CNS). Furthermore, it can potentially damage the brain, muscles, and can lead to skin irritations such as rashes and nodules. Other dangers include infections in the ears, sinuses, chronic tonsillitis, scarlet fever and a kidney disorder known as glomerulonephritis. Scarlet fever, also known as scarlatina, is another serious complication of the strep infection, which manifests itself by rapidly spreading a rash all over the body. Surprisingly, obsessive-compulsive disorder (OCD), when a patient experiences a series of compulsive repetitive actions like hand washing, excessive worrying and speaking, nervous tics and involuntary limb movements, can develop following an untreated strep throat infection. Although rare, an untreated strep throat infection can result in extremely serious complication's even life-threatening conditions if left undiagnosed.

Is the Old Myth of Green Snot, or phlegm being a sign that requires an antibiotic? This is such an old wives' tale that has long ago been refuted as being erroneous. In most healthy individuals the productions 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 and in fact, demonstrate 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. This old wives' tale is still indoctrinated in the minds of many people, including some physicians. Almost all sinusitis infections are viral and antibiotics are ineffective and not recommended for treating typical cases. Only a sinus culture swab can possibly demonstrate a bacterial sinusitis.

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

I can affirm that some foods can impact the production of mucus, to a degree; most people do not realize. For example: cheese and most dairy products can cause sinus pressure

to some 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 eyes than what we experience when we have 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 your nose from drying out. The purpose of this mucous is to help us shield the lungs from dust, bacteria, exhaust fumes, cigarette smoke, viruses, and other particulates that float through the air, which can become intruders. When we are healthy, we don't even notice it's there. However, when we become sick, it's altogether a very different story. It thickens, and can become harder and excessive, which makes it more difficult to clear. This tends to pool, and gets stagnant, which makes us feel miserable.

How to care for yourself naturally with PSC when having a full on blown cold, flu or viral bronchitis, sore throat, nagging coughs and postnasal drip.

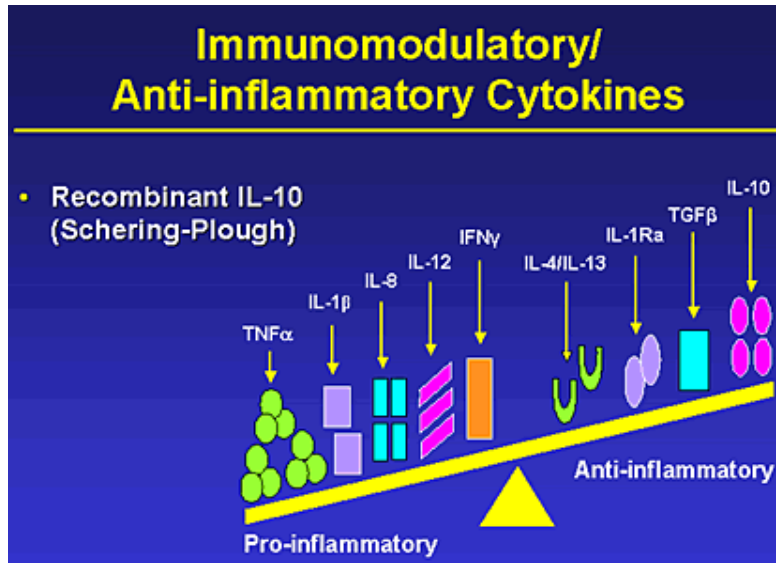
You should already have on hand the following PSC[®] Vegetable Embryonic Serum (VES[™]) complexes:

Allergy Depurato PSC[®] is for **wet symptoms**: sneezing, runny nose, with mucopurulent discharged 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 adult recommended adult serving.

Even though it is called Allergy Depurato it is also for some types of common colds. This helps to reduce a violent immune response, where a specific type of immune cells called the pro-inflammatory cytokines gets wild and cause eyes, nose, or throat inflammation. This is sometimes difficult to differentiate from seasonal or year-around allergies and in fact; all cause a very similar immune response (reaction).

Pro-inflammatory cytokines are cytokines that are important in cell signaling and promote systemic inflammation. They are produced predominantly by activated macrophages and are involved in the upregulation of inflammatory reactions. In contrast to anti-inflammatory 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. Cytokines are chemical messengers that allow cells to communicate with one another. 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 the commonly experienced symptoms such as mucosal swelling, irritation, and increased mucous production. Circulating cytokines also produce systemic signs and symptoms, such as fever, muscle body aches and pains, diminished appetite, and fatigue. Studies have demonstrated that increased stress greatly increases the risk of developing the common cold, as well as an increase in severity of symptoms, increased mucous production, and higher concentrations of the interleukin 6 (IL-6) were found.



Cytokines are also called Interleukins (IL)

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

The Immune-Boosting Hormone's DHEA and melatonin.

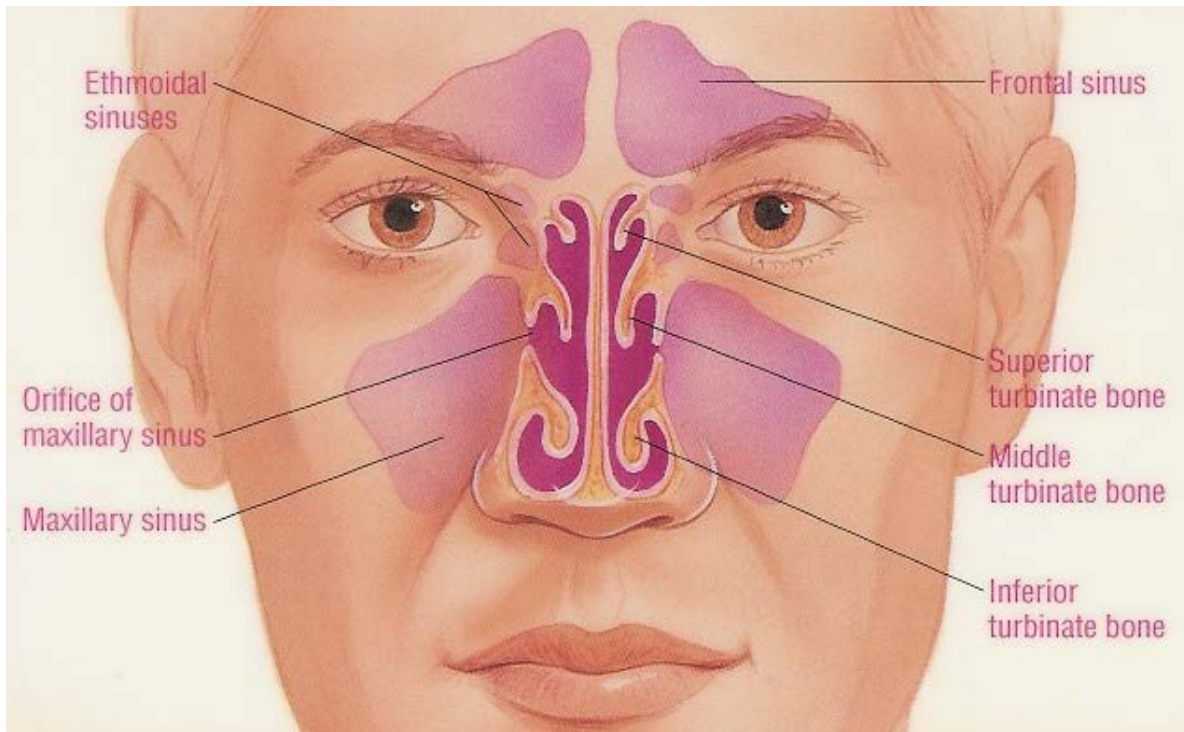
Dehydroepiandrosterone (DHEA) and its metabolites have demonstrated powerful immune-enhancing and antiviral effects. One reason influenza can be so lethal to older people is that their immune systems are weak. A deficiency in DHEA appears to be partially responsible for the age-related decline in immune 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 produce 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 who facilitate 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 a good rest. Remember that phytomelatonin can help you sleep more profoundly and the number-one plant to contain 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. This is equivalent to a porcine (pork) derived melatonin that will never restore melatonin levels and cause chronic need for it. Whereas, Sour Cherries with time can restore the level of human melatonin providing you also decalcify the pineal gland where melatonin is made, with the plant called Passion Flowers buds 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 adult recommended serving. If you take too much Sinus Eliminato, you will over stimulate the turbinate (sinuses) resulting in coryza (a runny nose), then you will need to replace it with Allergy Depurato.



Mechanical Interventions for Sinus Mucus.

I find that regular table salt: saline nasal rinses and sprays are too caustic and irritate the delicate membranes of the turbinate's (the two canals of the sinuses). Neti pots are also very popular.

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, Xylitol to prevent bacterial sinusitis (antibacterial), or Alkalol, which is intended for sinusitis and some allergies use at variable strengths depending on personal preference and thickness of the nose mucus.

For Celtic sea salt OR Xylitol put 10% of either one with 90% lukewarm distilled water only and dissolve well then irrigate 2-3 times daily. By all means if it irritates more than help discontinue immediately.

Alkalol is a 16 oz. bottle about \$7.00 dollars. 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 for a very long time since 1896, and

it is inexpensive. I like this product. 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 tiny hairs lining in the nasal cavity that protects it. 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. It also aids in the prevention of these conditions and diseases. Invigorating extracts and essential oils. It dissolves excess mucus and helps cleanse and moisturize nasal passages and is refreshingly strong. Alkalol start with a mild dose and adjusting according to preference and need is recommended.

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

Warning: Sinus irrigation should be avoided if you are fighting an ear infection (otitis). Neither should you 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 breathe better. They also have EOs breathing blends for this purpose in addition all EOs have antibacterial and antiviral properties and are better than Vicks Vapor rubs. You can as well put EOs on your chest and follow manufacturers 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 up the sinus 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 and not let the cough controlling you. Children < 80 lbs. ½ and infants 1/3 of the adult recommended serving.



Propolis Blend (made with organic vegetable glycerin and 60% Grape alcohol) is also a good thing to have on hand to prevent getting the common cold.

It is warranted:

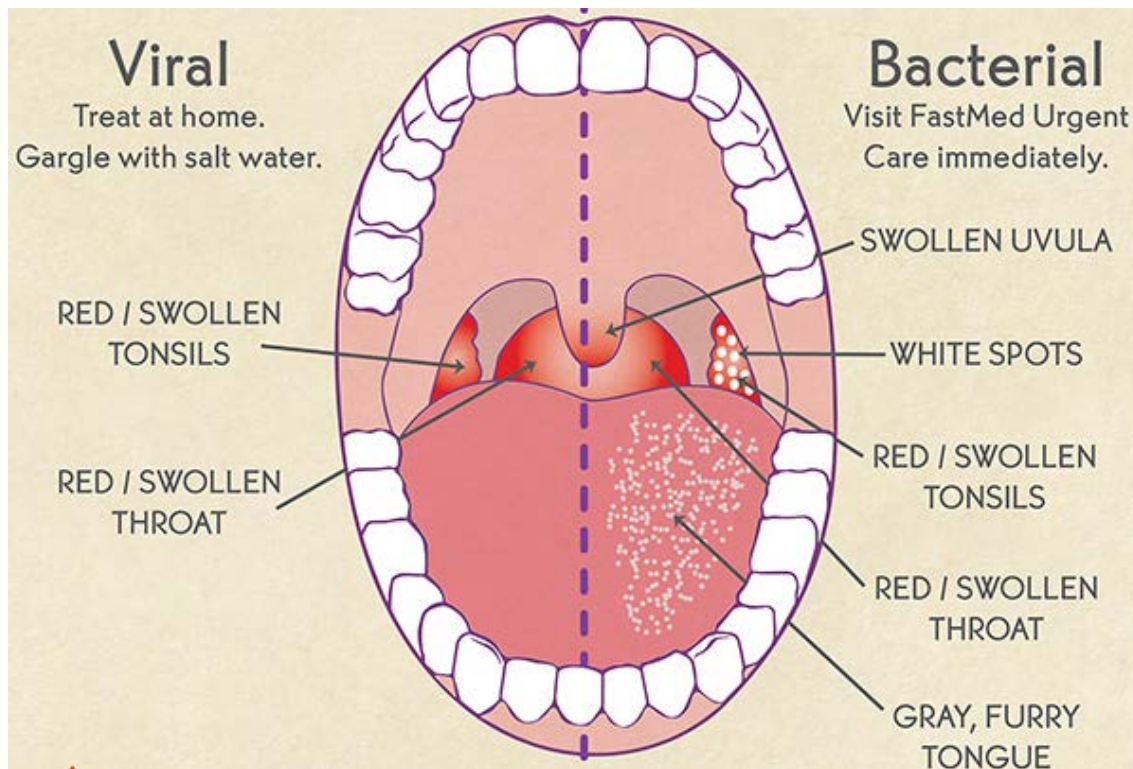
- In some individuals, having an initial viral sinusitis, that can sometimes develop into a secondary bacterial sinusitis.
- When a common cold is phasic with multiple strains or when getting too many colds in a row.
- When getting multiple colds in a row making it difficult to get rid of this infection.

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 being always at bedtime in order to keep blood saturation. Children < 80 lbs. 1/2 and infants 1/3 of the adult recommended serving. Take 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 each time of propolis so reduce Propolis dosage to 20 drops. Take only 20 drops of propolis, which would give you the 25 drops.

Another approach can be the use of Walnut – *Juglans Regia* (buds) extracts 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 given 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 adult recommended serving. Beware of the fact that if you are already taking Sinus Eliminato it already contains some Walnut extract, and you could when in need take more but only 15 drops 3-4 times per day. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.



VIRAL SORE THROAT, TONSILLITIS, LARYNGITIS and PHARYNGITIS

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

Recommended Adult dosage: 15 drops 6 times per day or 25 drops 4 times per day. Do not exceed 100 drops per day. Children < 80 lbs. 1/2 and infants 1/3 of the recommended adult serving.

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

The extracts below are not OTC,

Black Elder – Sambucus Nigra (buds), which one of the herbs presents in Arresto Prevento, inhibits viral replication and very good for laryngitis this 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 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) is 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. ½ and infants 1/3 of the recommended adult serving.

Raspberry – Rubus Idaeus (young shoots): Topical Uses: Gargle for tonsillitis. Especially young girl or becoming young women and the extreme post-menopausal. 15-25 drops into ½ glass lukewarm water 4 times a day: gargle spit, gargle spit, until last gargles, which is the only gargle you would swallow to reach the lower area 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 too high 15 drops 3-4 x 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 years old. Also not for adult 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 to swallow 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-degree 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 to tell the difference 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 if a person has 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 fall 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 this 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 is when you feel so miserable, that you think you're going to die. However, it can sometimes be mild when you have promptly taken Arresto Prevento, 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 suspecting a fever, you may think; you don't have a fever because you do not feel hot but in fact, having a fever you may be feeling very cold even shivering while your body may or maybe not 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 a physician's help. 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 over a year-old, which can give you a false reading.

What is a serious fever? Anything over 102-degree F is time to intervene with children, and adults can take Boxwood 10-15 drops every hour as needed and repeat when climbing up again. White Willow is the original aspirin. Anyone over 12 years of age can take White Willow buds extracts at a dose of 15-30 drops every two to 4 hours as needed but do not take White Willow if you're a bleeder of any sorts 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 is essential through the course of the infections and depending on symptoms and response you can take whatever it takes to control symptoms. It is a product that has a long record of great safety with no adverse side effects reported to us at PSC as of yet. If anything we have countless praises from patients and practitioners on this product.

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

The pushing of the vaccine drugs 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 shows that right out 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 devastating effect on the brain and immune system dysfunction. The majority of flu shots each contains 25 mcg of this toxin.

The live virus "Flu Mist" vaccine does not have thimerosal or adjuvants with it, but there are serious concerns about this vaccine option as well. For one, the Flu Mist virus is not a naturally-occurring virus, but 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 shot in the dark, arbitrarily chosen at random. This is far from being scientific and worse than a psychic prediction. Again this year the CDC's admission that this year's flu shot contains the wrong strain – look it up for yourself. It's a travesty at best that use our immune system reserve of B-cells to make memory cells from these vaccines. All of us have only X amounts of B-cells in a lifetime. You don't want to use them all 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 Helps Clear the Sinuses:

Fresh fruits

- Apples
- Apricots
- Avocados
- Lemons is Best
- Peaches

- Pears
- Pineapple is Second best

Vegetables, especially the cruciferous, are known for their cleansing and medicinal properties including herbs. Using several vegetables and herbs is preferable 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.
- Mint tea, Rosehip and Green tea.
- Miso soup.
- Onions.

The good old Jewish Chicken Penicillin Soup has also been shown to be effective when having a cold or the flu. You should only use organic chicken.

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 promptly arrest associated diarrhea from intestinal viral bugs and within two to three, days should be resolved.

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 actually 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 unless 12 years old and above. 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 until 105 years-old 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 difference, when really febrile I remember feeling much better the next morning when she would give me this brandy based homemade remedy. I was only 8 or 10 years old.

Ingredients and Recipe

1 tsp of Crystallized 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 a year-old.

1 ½ cups of hot filtered water or tea.

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

1 Tbsp. of fresh squeezed Lemon.

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

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

MIXED 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 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 through 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, 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 hold the hot-water bottle to the ear. This will soothe the area and as well 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 it in enough to stay in place and leave for 15 minutes then remove and repeat as needed. This method works well on reducing ear aches, and at least make 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 physician used in the early 18 hundreds was a tincture of **Belladonna ø**, which possesses both antibacterial and analgesic activities. Tilt the head and put one drop of belladonna into the affected year it will sting and burn due to the alcohol but for only a few seconds but won't last then 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 be also great for the body's resistance to common colds, flu's, allergens, and seasonal virus is dramatically improved. 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 act 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 combat's 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. 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 cold or flu, I take a 20-minute sauna and along with taking Arresto Prevento will rarely graduate too 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 cool 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 sufficient I find 30 minutes too much, and I take my sauna at 130-degree 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 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. Lantin.