

The Best Thing To Fight Any Flu: Build Your Immune System by Carl J. Donaldson, Jr., ND

In the last month or so, the American people, have been bombarded and made to feel that we have something to fear...Swine Flu. Many in the media have produced information that has been fed to them that has made ordinary citizens move into a panic mode. People are going to their local pharmacies and buying out paper respirator face masks in record number only to learn that the molecular structure of the swine flu is tiny enough to penetrate the mask and still infect you. My daughter and I just left a local Walgreen where she was interested in buying an additional hand sanitizer for her desk at work. She could not find any...they were all sold out. Are we being had? Why is this flu any different that any other annual flu strain? And is only the use of pharmaceutical drugs and inoculation the only way to handle any flu?

Since the outbreak of the Swine Flu sales of Tamiflu and other drugs marketed as a flu remedy has exploded. Wall Streeters have rushed to issue "buy" recommendations for the companies that make these products. The average "Poor Joe" is blinded by the bombardment of information decrying "I don't wanna die, so gimme what'cha got."

The previous presidential administration, along with the World Health Organization, skillfully promoted the Avian flu and blamed it on "Free Roaming/Range" chickens. That had a negative effect on the organic food industry, allowed Tyson and the CG Group of Thailand to make money on their caged, antibiotic pumped, and growth hormone fed chickens they produce.

It remains to be seen if the Obama administration will use the same tactics to boost a sector of the market in these tough economic times. Already Mexican authorities have reported that the number of deaths confirmed from the Swine Flu is 7 and not 150. The other cases were from ordinary influenza.

Most research scientist have known for a long time now that we can improve our immune system in many ways. In America, science seems to be bound by the Food and Drug Administration and the American Medical Association to use only pharmaceutical drugs to heal

the body. The rest of the world seems to come to another conclusion. They conclude that we could adopt a more natural approach to seeking cures for resistant strains of disease. Their idea is to strengthen the immune system, strengthen tissue against microorganism assault, increase T-Cell production; and assist cell mediated immune response. In this way natural immune boosting is safer than drugs (fewer side effects), and they can be more powerful than drugs.

Building Your Immunity

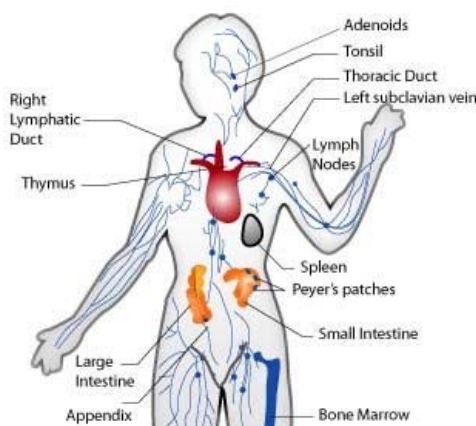
Your immune system plays two important roles for your body. It is first a responder to foreign organism. When they invade a strong immune system will produce antibodies, which are special stimulating cells. These cells are intended to destroy organisms and neutralize toxins. Some of these organisms include germs, viruses, bacteria, fungus and more. The second important thing the immune system does is to stand guard over the cell of your body. It keeps them from becoming abnormal.

The better your immune system is, the better your health will be. Natural

immune boosters and pathogen destroyers are safer than the drug approach, with fewer side effects, and can be more powerful. You want a system that is strong, but not too strong. An overactive immune system can be a problem. The bottom line regarding immunity is to do things in moderation.

There are many natural remedies that will raise your immunity to the Swine Flu and other viral and bacterial diseases. Many people do not have immunity to this current strain of Swine Flu. This is not unusual because most viruses alter as the virus season goes along. Most people will not become sick because the issue is not the virus but our susceptibility to it. Using herbs, homeopathy, and

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Build Your Immune System (cont. from page 1)

vitamins will increase your immunity, which will reduce your susceptibility.

Here are some of the natural immune boosters you should consider using:

Echinacea – a natural antibiotic that can kill a broad range of viruses, bacteria, fungi, and protozoa. This herb is very valuable in the treatment of infectious disease. Research indicates that it is very effective in treating colds, flu, bronchitis, tuberculosis, infections, etc.

Pau d'arco (Tabebuia heptophylla) – found in South America, Pau d'arco nourishes your defense system and helps to protect against pathogenic organisms. It improves immune function, detoxification, and reduces pain in the body. It also is a natural antibacterial, blood cleanser, and virus and infection killer. Finally, it has been used in the treatment of AIDS, allergies, anemia, asthma, candida, cancer, diabetes, eczema, fistulus, Hodgkin's, liver disease, prostatitis, and more.

Astragalus – a root that is an immunostimulant used in treating viral infections, hepatitis, common colds and flu, and improves the function of natural killer cells.

Medicinal Mushrooms – are from the Oriental culture. There are three main mushrooms, Reishi, Maitake, and Cordyceps that are classified as host defenders. The combination of these three mushrooms targets strengthens the human immune system and helps the body regulate the development of lymphoid stem cells. More specifically, Reishi are anti-cancer and immune enhancing, Maitake have a very high concentration of a unique polysaccharide beta-1, 6-glucan which builds a powerful immune stimulant that produces 64% inhibition of breast cancer and tumor activity. Cordyceps are one of the better-known traditional Chinese medicines, consists of the dried fungus Cordyceps sinensis growing on the larva of the caterpillar. It is commonly used in China for the replenishment of general body health. Cordyceps has a broad range of actions on the liver, kidneys, heart, and immune system. One of the known pharmacological effects is its anti-oxidation activity.

Alkylglycerols – (a.k.a. AKG) a natural manufactured substance in mother's milk, the liver, and spleen. AKG plays a major role in helping our bodies protect against bacteria, fungal, and viral infection. The most potent source of AKG is shark liver oil.

Lactoferrin – is a cytokines produced in the human body which makes us vulnerable to attack. It inhibits virus replication, tumor growth and metastasis, and is toxic going after bacteria and yeast.

Bovine Colostrum – a clear, yellowish, pre-milk fluid that is produced from mother's mammary glands during the first 72 hours after birth. It provides both immune and growth factors essential for the health and vitality of a newborn. The immune boosting factors found in Colostrum help the body to resist pathogens (viruses, heast, and fungus),

Glutathione – a natural amino-acid based molecule that is a powerful antioxidant and a supporter of the active function of the immune system. It also plays a major role of protecting against the effects of carcinogens (cancer causing substances).

Here are some of the natural antipathogens that will ratchet down the need for a high level immune system response. They free up immune function by destroying pathogens in the body.

Olive Leaf Extract – An extract of the leaf of the olive is effective in eliminating a broad range of organisms, including bacteria, viruses, parasites, and yeast/mold/fungus.

Oil of Wild Oregano – Oil of Oregano is an anti-viral, anti-bacterial, antifungal, and anti-parasitic. It kills candida albicans, Aspergillus mold, Staphylococcus, E. coli, and more.

Grapefruit Seed Extract – can help with gastrointestinal disorders, diarrhea, food poisoning, parasites, candida, colds, flu, strep throats. Grapefruit seed also is used on many skin conditions (athletes foot, cold sores, warts, cuts, scrapes, wounds, rashes, head lice, nail fungus, chicken pox, and herpes simplex).

Garlic – may be the most potent of this group, but It is the most friendly to our probiotic system. Garlic is a great antibiotic and is a deadly substance to many viruses. Garlic also increases the activity of T-helper cells.

There are a couple of natural immunomodulators. Immunomodulators are those things that attempt to regulate the immune response – moving a weak system up and calming an overactive system down.

Carnosine - a small peptide (link/bond) that contains two amino acids, beta-alanine and histidine. It is found in relatively high concentrations in many of our body tissues. Based on hundreds of studies, carnosine is now being considered one of the most important supplements for longevity based on its properties. It possesses strong and specific antioxidant properties, protects against radiation damage, improves heart function, promotes the recovery from injuries. modulator of enzyme activities, chelates heavy metals, is an anticancer agent for the body, and is mainly an immunity booster.

Colostrum – a high concentration of carbohydrates, proteins, and antibodies that form in milk produced by mammary glands in the

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Be Healthy Now is the monthly E-newsletter designed for people who are seeking information regarding preventive and non-invasive solutions to their health problems, including: lifestyle change, healthy diet, exercise, and a wellness attitude as their first line of defense from conditions which are the result of physical, mental, nutritional, or environmental stress and deficiency that happen over time.

Build Your Immune System (conclusion)

late stages of pregnancy to within one day of giving birth. Colostrum is also known as “Mother’s Milk”. Beyond infancy, some studies indicate that adult consumption of bovine (cow) colostrum is beneficial to general health. It is claimed that it raises both general immunity and physical strength.

Other areas to think about when trying to build your immune system:

Clean up your environment – Air and water pollution, and heavy metals compromise our immune systems. So filter your water, clean the air in your home, and remove heavy metals from your body.

Eat a correct diet – a healthy diet is important in building the immune system. Organic vegetables and fruit are key because they build immunity and build the pH level to the alkaline side. A poor diet will cause the system to turn down to the acid side. Eat less meat.

Other simple rules to follow:

Stop smoking

Avoid sugar – they suppress the immune system

Limit your coffee – can impede the activity of the small intestine, and affect the body’s ability to absorb nutrients like calcium, magnesium, and potassium. Drink green tea instead. Drink 2 extra glasses of water for every cup of coffee.

Eat healthy fats – Omega 3 and 6 help the immune system recognize itself. Fats are key to manufacture prostaglandins, which kill germs.

Don’t eat toxic foods – most commercial foods have pesticides,

insecticides, genetically modified foods. Over 3000 chemicals can be in our foods as additives. Eat as additive free as you can.

When it comes to fighting disease and stay health, your immune system is your best friend. So work on it.

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Ruth Maclean in La Gloria and Chris Ayres in Mexico City, I had a headache and fever’ says boy who survived, London Times, April 28, 2009.

Ed Harris, Bloggers Examine Environmental Role in Mexico Swine Flu Outbreak, April 27, 2009, accessed in <http://www.planetthoughts.org/?pg=pt/Whole&qid=2870>

Steps To Greening Your Diet

by Curt Cook

1. If you can get fresh local produce in your community you are doing yourself and the planet a world of good -- minimal transportation, minimal greenhouse gas emissions, minimal preservatives and pesticides, can mean maximum flavor and nutrition.
2. Nurture a food patch...a garden. Find out what local fruits, vegetable and herbs will grow in your geographic region and soil conditions and give it a try. In addition to providing delicious fresh ingredients for your meals, gardening can be a rewarding social and educational experience
3. A vegetarian diet is easier on the planet and the body, as long as you eat a balanced diet to get all the nutrients you need. Meat, dairy and grain production take more energy than they return and consume large tracts of land. Experiment by introducing more produce into your diet and try to go for a few days without meat.
4. Increasing your intake of uncooked fruits and vegetables

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Greening Steps (cont.)

increases your access to health-building nutrients and reduces your food production footprint. Eating a life force diet high in raw foods reduces energy consumption for cooking and heating, as well as the embedded energy from processing and over-packaging.

5. If you have to order it through a clown's mouth, eat it out of a waxed paper wrapper or wait thirty minutes before it's free, it is not a green food choice. The planet and your digestive tract will thank you for reducing or eliminating your fast-food consumption.
6. Drinking fresh water is arguably the most undervalued resource on the planet. Its value as a commodity increases every day. Fresh clean water is worth far more than the most precious metal or gem. If you are blessed with a clean, safe source drinking water, be grateful and drink it instead of canned soft drinks, alcoholic beverages, coffee or bottled sports drinks.
7. If you are heating up leftovers or a small meal, consider an
8. Don't let your food waste enter the landfill. Most food (meat and heavily processed and packaged foods being obvious exceptions) can be returned to the earth with minimal effort. Composting can be a great learning experience for kids as well.
9. If people knew the history behind the food on their plate, it would change the modern American diet. We accept livestock bloated on antibiotics, pesticide-laden vegetables, depleted fish stocks on the verge of collapse and a grand experiment to genetically modify crop after crop. Fortunately, there are greener alternatives for meat and fish lovers, as well as recognized practices for sustainable and organic food harvesting.

energy efficient option to the stove or oven. A small electric grill or toaster oven will likely use less energy for the same task. As your large kitchen appliances wear out, consider recycling options, as well as replacement with Energy Star or other energy efficient models.



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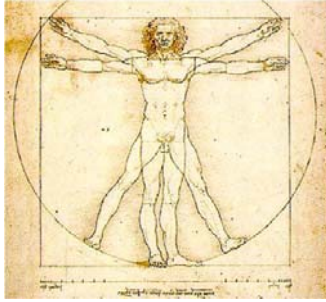


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COUNTERTHINK





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