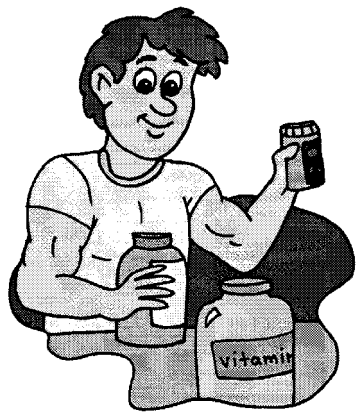


Who's Afraid of the

Big, Bad Flu?



Don't Fear the Flu, Boost Your Immune System and Stay Healthy This Winter

We all know the story of the three little pigs and the big, bad wolf. Two of the pigs were foolish, building their houses out of straw and sticks, which couldn't stand up to the huffing and puffing of the wolf. The smart little pig, however, built his house of bricks and stayed safe. We can be sure he had little fear of the big, bad wolf.

The lesson of the three little pigs also applies to our health. When it comes to protecting themselves from contagious diseases like the flu, most people are like the first two little pigs. They are eating diets and practicing lifestyles that give them "straw and stick" immune systems that can't stand up to the huffing and puffing of infectious microbes.

Wise people, like the third little pig, build a "brick" immune system that keeps them safe from the big, bad swine flu (H1N1), bird flu, West Nile virus, anthrax, or whatever other contagious diseases may be lurking around. These people don't even bother running out to get a flu shot, because they understand a simple fact of nature—not everyone who is exposed to a microbe gets sick. They know that people with a healthy immune system are unlikely to get sick no matter what germ is going around.

Flu Vaccines Aren't Very Effective

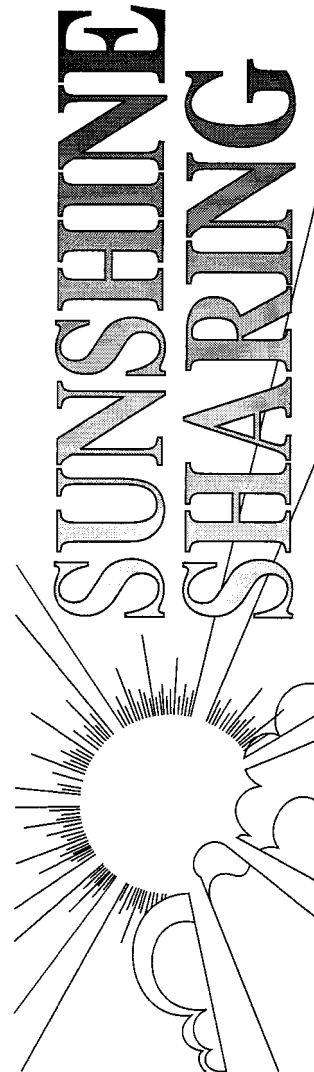
Before we discuss how to build a healthy immune system, let's look at why flu vaccines aren't part of the recommendations. Vaccines inject us with a "weakened" form of a disease. They don't make us immune; they challenge our immune system to mount a response, which means it's the immune system that ultimately makes us immune, even with a vaccine.

When it comes to the flu, vaccines aren't very effective because there are thousands of flu strains that mutate constantly. Any given vaccine will only work against a few strains of the flu, which leaves you susceptible to other strains of the flu, colds and other "bugs." Meanwhile, the vaccine itself has put heavy metals, chemical solvents and other toxins into your system that actually weaken your immune system.

In the case of H1N1, the threat of this virus was exaggerated by the fact that people with flu-like symptoms have been automatically assumed to have H1N1. This is not the case. CBS news did a report in which they showed that where people had actually been tested for flu viruses, almost 90% had no flu virus at all and only 1-2% actually tested positively for H1N1. In other words, even if the vaccine works, it only reduces your chance of catching a contagious disease by 1-2%. Those aren't good odds.

Compare this to the strategy of working on boosting your own immune system. Building an immune system of "bricks" instead of "straw or sticks" will protect you against every strain of the flu, colds and everything else. If that sounds like better odds to you, then open up this issue of *Sunshine Sharing* and read our four tips for strengthening your immune system, so you can stay healthy this winter. And, in case you do get sick, we're also giving you a simple four-step process for effectively treating colds and flu with natural remedies.

Learn how to not be afraid of the big, bad flu or any other contagious disease inside!



Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

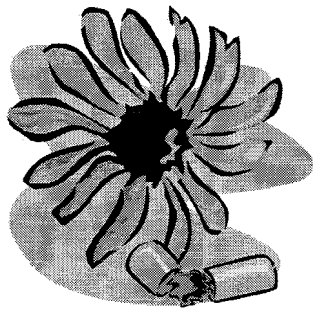
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Your guide to better health the natural way.

Vol. 21 No. 1



Simple Secrets to Preventing Flu, Colds and Other Contagious Diseases

There's an old saying, "Prevention is better than cure," and it's true. It's much better to stay well in the first place than to spend time trying to recover. Fortunately, prevention isn't that hard. Here are four simple secrets to avoiding the flu, colds or other contagious diseases.

Simple Secret #1: Practice Basic Sanitation

You don't have to go crazy disinfecting everything to avoid infections. Simply washing your hands and cleaning counters, dishes, etc. with ordinary soap and water is enough. If you want a natural antimicrobial soap, simply mix 5-10 drops of **Guardian Essential Oil Blend** with a few ounces of **Sunshine Concentrate**. You can also rub **Silver Shield** gel onto your hands as a natural waterless hand sanitizer.

If you want to keep the air in your home free of germs, diffuse some antimicrobial essential oils into your home for about 15-20 minutes twice per day. The Guardian blend is a great choice, but any essential oil will inhibit microbes.

You might also consider purchasing a **Boomerang Air and Surface Sanitizer**. This amazing device uses silver and photo catalytic oxidation to remove harmful microbes from the air and from surfaces like walls and counter tops. There are no filters to replace or clean either.

Simple Secret #2: Eat Healthy

Infection breeds easily in weakened or damaged tissue and in a congested and clogged body. That's why people who eat really healthy almost never "catch" colds or flu. What do we mean by eating healthy? It's really quite simple. Avoid sugar and refined carbohydrates and eat lots of fresh fruits and vegetables (especially raw ones). Also avoid refined and processed foods and foods that congest the lymphatic system (like dairy, grains and excess animal proteins).

Simple Secret #3: Reduce Your Stress

Your immune system is reduced when you are under a lot of stress. If you really think about it, you'll notice that you almost always get sick when you're under a lot of stress.

That's the bad news. The good news is that you don't have to avoid stress to reduce the effect of stress on your immune system. Pleasurable experiences do more good for your body than stressful experiences do harm. So, you just need to plan time for some regular rest and relaxation.

Make sure you get adequate sleep and do something every day that is fun and relaxing for you such as getting a massage, taking a warm bath, soaking in a hot tub, going for a walk or engaging in a favorite sport or hobby. Also, remember that

laughter and fun enhance your immune system, while fear, worry, anger and other negative feelings depress your immune system. So, smile a lot and focus on the good in your life! Any kind of exercise you find enjoyable also helps burn off stress hormones, boosting your natural resistance to disease.

If you are under a lot of stress, take something to help you relax. **Nutri-Calm** is a great choice. It contains B-complex vitamins that feed your nerves, helping you to stay relaxed and energized at the same time. If your muscles are really tense, try some **kava kava**. If you're feeling exhausted and burned-out, take **Nervous Fatigue Formula** or **Adrenal Support**.

Simple Secret #4: Boost Your Immune Defenses with Supplements

One of the great things about natural remedies is that they can actually boost your body's natural immune defenses. That will not only help you stay well, it will also speed your recovery if you do get sick. Here are some great remedies to consider.

Immune Stimulator contains beta glucans, arabinogalactan, colostrum and medicinal mushrooms that boost non-specific immune responses. This puts your body's immune system on "red alert" to fight off anything that may be "going around."

Take 2-3 Immune Stimulator capsules per day to boost your immune system to avoid getting sick. Increase that amount to 6-8 capsules per day if you feel you are starting to "come down" with something. Spacing doses 2-4 hours apart works best. You can do the same thing with children by giving them **Ultimate Echinacea**.

Many people have found that taking **Vitamin C** helps them avoid catching colds and flu. Vitamin C is a natural antioxidant that protects tissues of your body from damage. Zinc can also help boost your immune system. Zinc is combined with vitamin C and echinacea in **Zinc Lozenges**. Suck on these lozenges for preventing and aiding recovery from throat irritation, sore throats, colds and flu.

Another nutrient that's helpful for boosting immunity during winter months is **Vitamin D3**. Vitamin D is made from cholesterol when your skin is exposed to sunlight, but many people get very little exposure to sunlight during winter months. Taking vitamin D3 will not only boost immunity, it will help you have healthy bones and teeth.

If you have weak lungs, **Chinese Lung Support** is a great formula for keeping healthy in cold weather. This is a tonic for the respiratory and immune systems and very helpful for people who are highly susceptible to colds and flu. It's an especially useful formula for the elderly, who are most susceptible to complications from the flu like pneumonia. The elderly can also benefit from **Trigger Immune**, which will boost their resistance to disease during winter months.

Effective Remedies for Colds and Flu

For generations, people have successfully treated colds, flu and other contagious diseases with natural remedies. You can, too! Here are four simple steps to help you recover from the flu or a cold quickly. These techniques often work in less than 24 hours and seldom require more than 48 hours before you are feeling yourself again.

Step One: At the first sign of illness, stop eating and start drinking plenty of fluids

Hippocrates, the father of modern medicine, said something practically everyone has heard, but almost nobody understands. He said, "Feed a cold, starve a fever." What this well-known saying means is, if you eat when you have a cold, you will have to fast to recover from a fever." In other words, don't eat when you are sick; do what sick animals and children do—fast.

When you are acutely ill your body is congested. Therefore fasting, while drinking plenty of fluids, helps your body decongest and recover faster. So, at the first sign of acute illness stop eating and start drinking purified water, fresh fruit or vegetable juices, herbal teas or soup broths. For an added boost to healing try drinking water with a little **Liquid Chlorophyll** and **Thai Go** mixed in. This will settle your stomach and reduce fever and inflammation.

Step Two: Take remedies to boost your natural defenses

Your body has the natural ability to fight off viral infections like colds and flu, but you can help it along by taking one or two remedies that boost your body's immune responses (with lots of water and other fluids, of course). Immune Stimulator (mentioned on page 2) is a great choice, but here are some other options.

An extremely effective and increasingly popular product for fighting infections is **Silver Shield**, a patented, totally non-toxic silver product. Silver Shield has been proven effective against every pathogen it has been tested against and is antiviral, antibacterial and antifungal. Take about one tablespoon every hour or two at the first stage of contagious disease to knock down microbes and help your body recover rapidly.

HCP-X is a traditional remedy for colds and flu that has been used successfully for over 200 years. HCP-X works best when made into a tea. Empty 2-3 capsules into a cup and add boiling water to make tea. Steep for about 3-5 minutes, then strain and sip throughout the day. You can also take HCP-X in capsules if you can't stand the tea. Take 2 capsules every two hours with warm water.

A really powerful antiviral remedy is **Elderberry Defense**. Elderberries have been shown to inhibit viruses from entering cells. They help to reduce fever and congestion. Elderberry Defense is a great remedy for colds, congestion, fever, flu and viral infections in general. For maximum benefits, take 2 cap-

sules every two to four hours until symptoms improve.

For children, there is **Elderberry Plus**, a tasty chewable elderberry formula that also contains reishi mushroom and astragalus. It boosts the immune system and is especially helpful for colds, flu, congestion and other acute viral infections. As with Elderberry Plus, you'll get better results with Elderberry Defense by giving frequently repeated doses (every two to four hours).

When acute illness is accompanied by fever and acute inflammation, **IF-C** is a great choice. IF-C is a cooling herbal remedy that can help reduce fever and speed healing of earaches, sore throat and redness around the eyes and nose. Try 2 capsules every two hours or 4 capsules every four hours with lots of liquids.

Yarrow is a great single herb for fevers and deep-seated infections. It is both antiviral and antibacterial. Make it into a tea (same directions as HCP-X) and sip it to reduce fevers. Yarrow isn't a very pleasant tea, so sweeten it with a little stevia or xylitol.

If the infection is bacterial in nature, or has settled into the lungs, nothing works better than garlic. When crushed, raw garlic releases an antimicrobial compound called allicin, which is antiviral, antibacterial, antifungal and antiparasitic. Unfortunately, it's also not very pleasant to take.

The good news is that **High Potency Garlic** tablets contain the stabilized allicin from about one clove of raw garlic per tablet. For infections in the lungs, including pneumonia (which is sometimes a complication of the flu), try taking 1 tablet of High Potency Garlic and 4 capsules of **AL-J** every two to four hours. This is extremely helpful for clearing the congestion as well as knocking out the infection.

Step Three: Rest

This is simple enough. Stress lowers our immune system. Resting and relaxing helps boost our immune system. It also

Continued on Page Four



Additional Help and Information

For more information about how to prevent or overcome flu, colds and other contagious diseases, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

Who's Afraid of the Big, Bad Flu DVD with Steven Horne (www.treelite.com)

Dr. Mom-Dr. Dad Course by Steven Horne (www.treelite.com)

Swine Flu Cases Overestimated by Sharyl Attkisson (www.cbsnews.com)

Swine Flu is NOT the Problem - It is the Vaccine that May Harm or Kill You by Dr. Mercola (www.mercola.com)

Is the Big, Bad Flu Out to Get You?



**Don't Let the Flu or Any Other
Contagious Disease Rob You of Your
Time And Energy this Winter!**

**Learn How to Beat the Flu by Boosting
Your Immune System and Protecting
Yourself in this issue of Sunshine Sharing**

Continued from Page Three

allows the body to concentrate its energies on fighting the infection. Often we get sick because we simply push ourselves too hard and need to take some time to let the body rest.

Remember that laughter boosts immunity. So, if you want to do something while you're resting, try watching a funny movie or something else that puts you in a positive, happy mood.

Step Four: Use hydrotherapy to speed detoxification

Contagious diseases produce toxins that the body must eliminate. This is one of the primary reasons why we feel sick. Consequently, we can really speed recovery by enhancing this process of elimination with herbal hydrotherapy.

Sweating is a very effective remedy for colds and flu because it helps eliminate toxins. Try taking a sweat bath by drawing a bath as hot as can be comfortably tolerated. Drink yarrow or HCP-X tea while soaking in the hot bath for 15-20 minutes. Then, go to bed, pile on the blankets and sweat.

Clearing the colon also speeds recovery. The fastest way to do this is to take an enema, particularly if there is congestion or fever. It helps to put herbs in the enema solution such as yarrow tea, HCP-X tea or garlic. An alternate, but slower, method of clearing the bowel is to take an herbal laxative like **LBS II**, **LB Extract** or **Gentle Move** with lots of water. Once the colon is clear, you'll feel a lot better.

For more tips on dealing with flu and colds, contact the person who gave you this newsletter.