

H1N1 (Swine Flu) QUICK SHEET

VITAMINS:

Vitamin D (about 4000 IUs a day). This will help prevent and hinder virus duplication. Start taking now.

Vitamin C & E (together) Start taking now.

MEDICAL:

Antiseptic Hand Cleaner - Get in habit of using it regularly, now.

Thermometers - Check fevers. Mild fevers are helpful.

Ibuprofen - Help keep fevers mild.

Acetaminophen - Help keep fevers mild.

Benadryl - Help keep fevers mild.

Sports Drinks with electrolytes - For dehydration. Vomiting, diarrhea, and fever sweats can all lead to dehydration.

HERBS:

Herb - Elderberry (sambucus nigra only). Taken at the onset, elderberry can help prevent/hinder the virus duplication internally. Taken later when the flu is full blown, *might* stimulate the immune system too much.

Sambucol - At Herb stores (commercially prepared elderberry)

Cayenne

Oregano Oil - At Herb stores. Strong antibiotic.

Fresh Garlic - Strong antibiotic.

Tumeric - Help prevent immune system inflammation/overreaction.

FUTURE IMPACTED SUPPLIES TO STOCK UP ON:

Food & water supplies: If you are stuck at home sick, you/caregiver won't be able to leave the house. Quick foods such as soups/broth and prepared meals will make things easier. Also, as more people get sick, so will the delivery men. Plus, it helps you avoid large crowds.

SIMPLE PROCEEDURES

Disinfect common surfaces such as door knobs, countertops, sinks, etc.

Avoid contact with eyes, nose, and mouth in public places.

Avoid large crowds.

Avoid unnecessary travel.

Wear gloves.

VACCINE CONSIDERATIONS:

'Regular' flu vaccine - The potential side effects outweigh the supposed benefits. You also become a carrier of a live (attenuated) virus.

Tamiflu - Not for children. Again, side effects.

H1N1 Vaccines - Extremely questionable. Possible squalene use as adjuvant.

ORAL REHYDRATION SOLUTION

Mix 4 cups water with 3 tablespoons sugar and 1/4 teaspoon salt. Useful to prevent dehydration in case of excessive vomited / diarehha. Very important.

ACIDIC BLEACH DISINFECTANT

In a *plastic* or *glass* container, mix 1 cup (8oz) bleach and 1.5 gal. water, then add 1.5 cups 5% vinegar.

Stir with wooden or stainless steel utensil. Use as a surface or area disinfectant.

Put in garden pump sprayer to spray larger areas.

Clean solution off surface after ten minutes, since it is a strong oxidizer.

THINGS TO AVOID IF YOU HAVE H1N1 VIRUS:

Honey, Chocolate, Echinacea, Kimchi - contains elements that can over-stimulate your immune system's response to H1N1.

Milk/Dairy and Bananas - Promotes mucus production, a habitat for virus duplication.

THINGS TO TAKE IF YOU HAVE H1N1 VIRUS:

Garlic - eat fresh cloves.

Vitamin D, C & E

St. John Wort

Tea Tree steam therapy - A few drops of tea tree oil in bowl of steaming water. Breathe steam vapors.

STOCK UP ON:

Disposable gloves

Latex or chemical gloves

Basic soap

Vinegar

Bleach

N95 respirators (hardware, paint, auto stores)

Necessary Prescription Medications

Plastic drop cloths or similar to protect mattress from excess fever sweat.

NOTES TO CONSIDER:

Vaccines do not 'attack' or 'destroy' viruses in your body - their purpose is to help the body recognize the invaders; but, even if your body can recognize the threat does not mean it can handle it. That is why a balance of vitamins (to keep you healthy and slow down virus replication) and herbal antibiotics works better than a vaccine. The herbal remedies and antioibotics can help your immune system by attacking the virus as well.

DISCLAIMER:

I can't provide you with medical advice, dosage information, potential drug/herb reactions, or assistance with questions relating to injury, illness, etc. I am not a licensed practitioner, pharmacist, or researcher. I cannot answer your health related questions. This information has not been evaluated by the U.S. Food and Drug Administration. This information is offered as information only, for use in the maintenance and promotion of good health in cooperation with a licensed medical practitioner. I am not responsible for how this info is used. The U.S. FDA does not evaluate or test herbs. This info is not intended to diagnose, treat, cure, or prevent any illness or disease. Consult with your physician for diagnosis or treatment. Do your own research before trying anything. This information is provided merely as a springboard for further research.