

Swine Flu – Fact, Fiction and Keeping it in Perspective

Many of our clients and customers are concerned about the H1N1 virus (more commonly referred to as the swine flu) and the supposed severity of the symptoms. The use of the word “pandemic” in media headlines only fuels the concern about this and other types of flu. Flu vaccine clinics are popping up everywhere and people are being pushed to get themselves and their family members vaccinated. Many healthcare workers are being told that the flu vaccine is mandatory, and even our children are being educated on how to reduce the risk of being exposed to the flu at school.

The swine flu is a combination of genes (a split influenza virus) from pig (swine), bird, and human viruses - which calls into question how it got named “swine” flu. In reality, no actual evidence has linked this strain of flu to starting in pigs or any other animals.

The Theories:

The World Health Organization (WHO), among other agencies and scientists, is investigating a claim by Australian researcher Adrian Gibbs that the swine flu virus may have been created as a result of human error. Gibbs suggests that the new strain could have accidentally evolved in the eggs used by scientists and drug makers to grow viruses and make vaccines.¹

Give your Immune System a Boost with the Power of Oregano

As explained above in “Swine Flu – Fact, Fiction and Keeping it in Perspective”, our best chance of remaining flu-free is to take care of ourselves and our immune systems. With its origins in the Mediterranean, oregano is more than just a flavourful spice. Oregano is fast becoming recognized for its healing



Photo Courtesy of Tali Schreiber

Controversial journalist Jeff Rense claims it was an engineered, global flu pandemic that was painstakingly planned by Novartis Pharmaceuticals of Basel, Switzerland, who patented a vaccine shortly before the pandemic virus surfaced.² As the world’s largest, multi-national pharmaceutical company with over \$53 Billion USD revenue generated in 2008, Novartis International would have much to gain with its monopoly on the flu vaccine.³

Similarly, Indonesia’s Health Minister Siti Fadilah Supari, cautiously suggested that the intentional making and spreading of viruses in the developing world would serve to boost pharmaceutical companies’ profits. Supari also noted that senior members of the United States former administration, such as Donald Rumsfeld, have massive shares in certain vaccines, including the avian bird flu vaccination. As well, many developing countries, including Indonesia, are forced to buy the vaccines as members of the WHO; as a result, most of the vaccine profits are derived from the countries that

can least afford it. It is estimated that only about 10 percent of the H1N1 supply will be donated to poor countries.

While Supari and others make some compelling points, it is very hard to prove any of these theories due the many factors and players involved, and the complex nature of the spread of viral infections. In fact, pharmaceutical companies are now largely protected from any liability claim due to recent legislation in the United States.⁴

The Reality:

As of Sept 30, 2009 there have been 3,917 deaths globally attributed to swine flu and 163,800 people infected, according to the Centers for Disease Control and Prevention. In Canada, the total number of deaths in connection with H1N1 is 78. This pales in comparison to the seasonal flu, which kills 2000-3000 people annually.⁵ The last swine flu vaccine from the 1976 “pandemic” was deemed unsafe; the pandemic never materialized, and more people died from the vaccine than from the swine flu.⁶

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properties as a respiratory and digestive aid, as well as an immune system fortifier.

The reason for oregano’s amazing healing properties is believed to be its high content of carvacrol, a phenol that inhibits the growth of bacteria strains. New Chapter’s OreganoForce preserves the integrity of the herb’s carvacrol content through a patented dual extraction process consisting of supercritical extraction™ (a method that uses high pressure rather than high temperatures to obtain the extract) and an alcohol-water extraction. New Chapter’s dual-extraction insures that the prized water

and oil soluble constituents of oregano are captured for safe and maximum effectiveness.

Accordingly, the total phenolic antioxidants (TPA) delivered in OreganoForce include not only an appropriate level of carvacrol, but also the phenolic antioxidants that support its activity.

Don’t take any chances this season – start a regular immune support regime now to prepare your body for the coming months.

Currently H1N1, while spreading more rapidly, is no more lethal than past cases of seasonal influenza and has mostly occurred in children and younger adults. According to the WHO, the most serious and fatal cases of H1N1 have occurred in people between the ages of 30 and 50, many of whom were already ill with disorders like asthma, heart problems, diabetes, autoimmune diseases and obesity.⁷ Cases of swine flu in healthy children have been mild in nature, with little or no medical intervention required.

The Vaccine:

Does the swine flu vaccine protect you from H1N1? As the website www.naturalnews.com is quick to point out, "there is absolutely no scientific evidence demonstrating that the swine flu vaccine offers real-world protection against the circulating H1N1 virus. While there is evidence showing that it produces antibodies...the mere existence of vaccine-induced antibodies doesn't directly translate into functional, real-world immunity! Vaccines...often don't provide practical immune defense in the real world."⁸ People must weigh the potential health risks of an inadequately tested, potentially dangerous vaccine, with what could be a mild case of the flu.

The H1N1 vaccine (antigen) is being released in multi-dose vials, single dose syringes, and even a nasal spray called FluMist. FluMist contains a live attenuated or weakened influenza virus (LAIV) and does not contain the mercury-based preservative, thimerosal. For this reason, FluMist will be used predominantly on children and pregnant women. The multi-dose vials, which do contain thimerosal, will be used for the remainder of the population. In addition, those with allergies to eggs should avoid both, as the viruses used in the vaccinations are cultivated in an egg base.⁹

Most of the H1N1 viral antigen is made outside of Canada and the United States. The Canadian and U.S. governments have bought up most of the available antigen (the U.S. government has spent \$1 billion dollars to-date) and now poorer countries can't get adequate supply. H1N1 prevention has become a marketable commodity in our society, and because Canada and the U.S. can afford to buy it, other countries that cannot afford it must go without. Any attempts to eradicate the H1N1 virus through a mass vaccination program will be futile if the only countries that can afford to mass vaccinate are Canada, the U.S. and some European countries. And because the vaccination is not mandatory, the excess

supply will be on reserve just in case there is a pandemic, rather than going to poorer countries where it is needed.¹⁰

On Sept 29, 2009, the Alberta government announced its vaccine strategy to combat the seasonal flu and the H1N1 virus. Its plan - to offer the seasonal flu shot to high-risk people until the H1N1 vaccine is available - adds to an already confusing number of strategies by other provinces for the timing of the two vaccines. Further, once the vaccine is approved by the federal government, each province decides who will get the seasonal flu shot and when.¹¹

For those who do not want the fast-tracked H1N1 vaccine and the seasonal flu vaccine, both of which include one or more harmful adjuvants (such as squalene (a water and oil mixture), aluminum, and mercury), can opt for the good old-fashioned method of protecting and strengthening the immune system.

The Natural Immune Prescription:

Building immunity naturally is simple: Get adequate rest; eat healthy meals by limiting dairy, gluten, alcohol, caffeine and sugar; buy organic, local produce, meat and grains; stay hydrated by drinking filtered water; reduce stress; wash hands frequently and; get moderate exercise. This list may seem like commonsense, however, a surprising number of people fail to subscribe to them.

There are also many anti-viral herbs and supplements that can help protect against the flu and support you if you do become ill. Oregano Oil (see OreganoForce on pg 1), Olive Leaf, Resveratrol, Elderberry, Garlic, Vitamin D, Selenium and immune-building mushrooms, such as Reishi and Coriolus (see Supreme Immune Booster on pg 3), are excellent for supporting immunity and have high anti-viral activity. Clients at my practice also have access to a homeopathic flu protocol if they so choose.

In addition, don't underestimate the power of relaxation! Nurture yourself on a monthly, weekly or daily basis with meditation, Hatha or Iyengar yoga, massage, energy work, infrared sauna sessions, hot baths with immune supporting essential oils, journaling and anything else that is relaxing and healing for you. Give yourself permission to rest and play!

Lastly, support your adrenal glands (see article on page 4), as today's stressful and hectic pace wears these glands down and makes us susceptible to illness.

Stay Informed:

Do not listen to mainstream media, as the information can be fear-based and watered down. Keep the flu season in perspective by following a healthy lifestyle and educating yourself on the facts. Actual infection rates can be found on the following websites:

Canada: Public Health Agency of Canada Surveillance - <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/surveillance-eng.php>

United States: <http://wwwnc.cdc.gov/travel/content/outbreak-notice/novel-h1n1-flu-global-situation.aspx>

WHO: <http://www.who.int/csr/disease/swineflu/en/index.html>

In health,
Samantha Orthlieb, MH, CI, EAV Practitioner

- 1 www.bloomberg.com/apps/news?pid=20601087&sid=afdrATVXP EAK
- 2 www.washingtonpost.com/wp-dyn/content/article/2009/06/17/AR2009061703271.html
- 3 www.rense.com/general86/manmd.htm
- 4 http://en.wikipedia.org/wiki/National_Childhood_Vaccine_Injury_Act, the public will probably never know the truth.
- 5 <http://www.phac-aspc.gc.ca/alert-alerte/h1n1/surveillance-eng.php>
- 6 <http://www.globalresearch.ca/index.php?context=va&aid=13356>
- 7 <http://www.who.int/csr/disease/swineflu/en/index.html>
- 8 http://www.naturalnews.com/027222_swine_flu_flu_vaccine_swine_flu_vaccine.html
- 9 <http://www.injuryboard.com/national-news/25-sites-will-offer-flu-doses-next-week.aspx?googleid=271934#ixzz05wQn36R4>
- 10 http://scienceblogs.com/effectmeasure/2009/09/swine_flu_vaccines_adjuvants_e_1.php
- 11 <http://www.canada.com/health/swine-flu/Provinces+debate+deal+with+seasonal+H1N1+shots/2058845/story.html>

BLAST away the cold or flu before it blasts you!

BLAST by Master Formulae can shorten the duration of the cold or flu and reduce symptoms such as sore throat, fever, respiratory tract/sinus infections, and excess mucus. This unique liquid herbal blend supports the immune system by ridding the body of micro-toxins caused by viruses. It works to heal the mucous **BLAST** by Master Formulae can shorten the duration of the cold or flu and reduce symptoms such as sore throat, fever, respiratory tract/sinus infections, and excess mucus. This unique liquid herbal blend supports the immune system by ridding the body of micro-toxins caused by viruses. It works to heal the mucous membranes and enhance the body's own immune fighting systems for combating infections.



BLAST goes beyond just echinacea and goldenseal by including other herbals to strengthen the formula. Take **BLAST** at the first signs of flu, cold or infection, to effectively speed up the healing process.

All the benefits of broccoli – in a capsule?

Did your mother ever tell you to eat your broccoli? She may have told you that it was “good for you,” but did she ever explain why? Broccoli contains the highest amount of Sulforaphane Glucosinolate (SG), also referred to as Glucoraphanin, of all the vegetables in the brassica family (such as brussel sprouts, kale, and cauliflower). Glucoraphanin helps to initiate the production of Phase II Enzymes, which



assist with the body's natural defense system. These enzymes act as indirect antioxidants by supporting continuous and long

lasting antioxidant reactions in the body, even

after the Sulforaphane is no longer present (up to 72 hours). They promote cellular integrity and repair damaged DNA, thereby preventing the breakdown of DNA and the resulting carcinogenesis that leads to cancer.

BroccoGen 10™ is from a non-GMO source of Glucoraphanin that has been specially bred through traditional farming techniques to have up to 300 times more SG than has been measured before. **BroccoGen 10™** has 10% SG content and holds 10 patents.

If too many nights of being forced to “eat your broccoli” at the dinner table has turned you off of broccoli altogether, consider reaping the benefits of SG in an even more concentrated form with **BroccoGen 10™**.

Attend Nurture's Screening Premiere of: *The Living Matrix - The Science of Healing.*

“We're on the threshold of an entirely new understanding of how disease happens, how information is transferred, and how to enhance information transfer within living systems.”

- Peter Fraser from *The Living Matrix*



Admission - \$5 (all net proceeds going to the Aldo Fund for alternative cancer treatment research

(www.holistichealthresearch.ca)

Sunday November 22nd, 2009

The Plaza Theatre, 1133 Kensington Rd NW
Doors 4:00 pm. Film 4:30 pm.

www.thelivingmatrixmovie.com

Immune support for pregnant or breastfeeding women, and children!

Need a gentle, yet effective way to enhance the immune system and beat the cold or flu?



Use Balsa Syrup by Master Formulae! This formula uses gentle, yet effective ingredients, making it safe for both kids and pregnant moms. Balsa Syrup is made in a base of glycerin, so it is alcohol free and tastes good! High in naturally occurring vitamin C (not added), Balsa Syrup contains all natural ingredients that fight fever, sinusitis, bronchitis, laryngitis and reduce mucus in the lungs. In addition to activating the immune system Balsa Syrup also calms the stomach and supports the digestive system in cases of diarrhea or general stomach upset caused by the flu.

Is your cookware making you sick?

What we use to cook our food can affect our health just as much as the food we eat. Cookware made of aluminum, stainless steel, and non-stick materials (such as Teflon) could lead to heavy metal toxicity as well as other forms of toxicity when heated to high temperatures. When choosing how to prepare the food you feed yourself and your loved ones, choose a non-toxic glass or ceramic material, such as **Xtrema Cookware**.

Energy efficient and easy to clean, **Xtrema's** patented ceramic cookware will not leach trace metals, chemicals or other toxins into your food. In addition, it is dishwasher safe, scratch proof and can withstand temperatures of up to 2700 degrees Fahrenheit.

Choose **Xtrema** for your next meal and every meal after. It's high temperature, non-stick, safe-to-use cookware for life!

Get the latest on the Teflon debate, heavy metal toxicity, new household products safe for you and your family, and information on Nurture's natural health practitioners at:
www.nurturehealth.ca

Ways to Protect You and Your Family this Flu Season

It is commonly thought that vaccinations are the only sure protection against the flu. Despite the constant promotion of vaccinations in the media, there are other ways you can protect yourself:

- Get adequate rest
- Eat healthy meals and decrease consumption of dairy, gluten, alcohol, caffeine and sugar
- Stay hydrated by drinking filtered water
- Reduce stress in your life where possible
- Wash your hands frequently
- Get moderate exercise
- Buy organic and local produce, meat and grains

There are also many supplements available that can help give your immune system the

extra boost it needs. **Bell Supreme Immune Booster** is a potent form of the Coriolus Versicolor mushroom, a mushroom clinically proven to help boost the count of white blood cells, natural killer cells, T cells and B cells by as much as 300% within 30 days (visit www.belllifestyleproducts.com for more information on this study).

Keep healthy in times like Fall, when the risk of contracting the flu is higher. Taking **Bell Supreme Immune Booster**, in combination with the above lifestyle tips and immune strengthening vitamins (like vitamins D and C), will optimize your immune system's performance. Read “Swine Flu – Fact, Fiction and Keeping it in Perspective” on page 1 for more information on the flu.



SOS - Save our Supplements!!

Have your natural health products increased in cost, or become completely unavailable? Natural health products are being unfairly subjected to a "drug model" for government approval and as a result this is putting small quality manufacturers out of business, thwarting innovation and costing natural health product manufacturers millions of dollars to prove efficacy.

Bills C-51, Bill C-52 and now C-6, if approved will give Health Canada dramatically expanded powers to regulate health products that make them unaccountable to the public, the manufacturers and to the retailers of health products.

Save our Supplements (SOS) is a campaign that seeks to change the standards of evidence and testing protocols for the timely and effective approval of Natural Health Products (NHPs).

Nurture strongly urges all our customers and clients to go to the following website www.charterofhealthfreedom.org, sign the petition and pass this information on to your loved ones. If you value being able to make your own health choices, stay informed and please sign the petition!!

Nurture Health and Wellness Clinic

Samantha Orthlieb

Master Herbalist, Certified Iridologist, Flower/Nature Essence Therapist, EAV/EDS Practitioner

Samantha Orthlieb is a trained and certified alternative health practitioner and a gifted intuitive healer. With almost a decade of experience as a practicing Herbalist/Iridologist, she is also a Nature/Flower Essence Therapist and EAV/EDS Practitioner.

Samantha received her Master Herbalist Diploma through the Wild Rose College and apprenticed at In Health Services under Annette Bossert, one of Calgary's leading Herbalists. Since then, Samantha has trained with Sabina Pettit of Pacific Essences in the study of Energy Medicine and Pranic Healing, and studied EAV/EDS testing at the Academy of International BioEnergetic Sciences with renowned EAV Practitioner and Naturopath Dr. Robert Cass.

Samantha applies her impressive range of skills with her intuitive healing abilities to work with her clients on all levels of being. Customized health programs can consist of lifestyle and diet changes, herbs, vitamins, minerals, homeopathy, and nature/flower essences to motivate, heal, and bring the body systems back to a balanced state.

Samantha can help you:

- Establish a protocol that your body needs for physical and emotional well-being
- Identify and alleviate allergies, heavy metal toxicity and other hidden immune deficiencies
- Develop an intuitive and compassionate relationship with yourself
- Release physical and energetic blockages stored in the body that can lead to compromised health and wellbeing
- Understand and work with the emotional context of your health issues

Call 403-208-0812 to book your appointment!



Stress and Adrenal Fatigue: Why Cortisol is called the "Hormone of Death"

The adrenal glands sit over the kidneys, where they play a significant role in the body. Our adrenal glands secrete more than 50 essential hormones, including epinephrine (adrenaline), cortisol, dehydroepiandrosterone (DHEA), progesterone and testosterone. Accordingly, the adrenals are responsible for many of the functions we need to stay alive and healthy, including:

- Energy production -- carbohydrate, protein and fat conversion to blood glucose for energy
- Fluid and electrolyte balance
- Fat storage

One hormone in particular, cortisol, is extremely important for keeping our body systems in balance, as well as protecting our

cells. For example:

- It controls the strength of the immune system: Too much cortisol weakens the immune system, thereby increasing susceptibility to infections and cancer, while too little leads to an overactive immune system and autoimmune disease. This is why cortisol is often called the "Hormone of Death".
- It normalizes blood sugar.
- It regulates blood pressure.

In today's hectic and fast-paced world, our adrenals are under constant stress. As a result, cortisol levels in most people are either too high or too low. More than ever it is important that we nurture our adrenals, slow down, stay away from people and things that negatively impact our life, take time out in mother nature and simplify our lifestyle. 80% of people have adrenal stress or fatigue, leading to overall poor health, weight gain (around the waist

in particular), hypo-thyroid conditions, allergies, constipation, depression, asthma, rheumatoid arthritis, and many other immune related illnesses, including cancer.

There are many good adrenal supplements available to help support and protect your adrenals. Here are a few favourites : Rhodiola, Maca, Calcium, Magnesium, Trace minerals, B 50 vitamins, B5 or Pantothenic acid (the anti-stress vitamin), Vitamin C, Ashwanga, Siberian Ginseng, Licorice root and Vitamin E with mixed tocopherols.

Finally, do not subject your body to more than 42 minutes of intense cardio exercise per week. Yes, this is correct! Many people are over-exercising and wonder why they cannot lose weight. Your adrenals are already overstressed with daily life, so do not put more pressure on them.

For more adrenal health tips, read:

The Hormone Diet: Lose Fat. Gain Strength. Live Younger Longer by Natasha Turner, N.D.



We are located in Crowfoot Crossing
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Visit www.nurturehealth.ca for more information on our life transforming wellness tools and services!