

Make contact with your N.D.-make contact with yourself.

Swine Flu, Avian Flu

...and the rest of the potential deadly pandemics

Erin Holston Singh, N.D.

Many patients are asking what they can do to protect themselves from the latest health scare: swine flu. With concerns that this outbreak could be the long-awaited flu pandemic, similar to the flu outbreak in 1918 that killed 20-times more people than the typical numbers for that year, there is talk of the need for a vaccine (which wouldn't be possible for months) and innumerable and incessantly replayed footage of citizens in Mexico wearing face masks (despite the fact that that particular precaution doesn't actually block the virus).

So what is one to do? As always, I encourage my patients to put faith and trust in their natural and acquired immunity. The swine flu virus is considered to be especially dangerous, however, since it is a newly mutated virus, to which most humans presumably have no immunity. But this is exactly why I encourage my patients to understand more about normal immune function since, in a healthy and functioning individual, the acquired immune system (that which manufactures antibodies to the ever new and changing world of antigens, or triggers), will create the necessary antibodies to overcome the ever-changing microbes we are faced with everyday.

When the development of the immune system is supported and respected and individuals take precautions to not paralyze their immunity, the immune system can overcome a newly mutated virus. This occurs on a regular basis and needs to be emphasized rather than disregarded, as is done so methodically in the mainstream media. If it did not, we would have all been victims of the last flu pandemic.

The development of a vaccine is a moot point since by the time a vaccine is developed, the virus will have either mutated into a different virus or immunity will have developed in a majority of the population. Every year's new flu vaccine was made for last year's flu virus. If vaccines are so specific, why do we vaccinate for an influenza virus that is no longer the critical problem?

Furthermore, vaccines are the best way to destroy the natural protection of the innate immunity. The barriers of the mucosa and skin, the capacity to mount an

efficient fever and the capacity to eliminate are all affected when one vaccinates. These are the three critical components to one's innate, or natural immunity. When one violates the natural immunity, it follows that the specific, or acquired immunity (that which involves the production of antibodies) will falter. Vaccines, from a clinical-observational perspective, paralyze normal immune function.

So the real question is not how soon will a vaccine be manufactured—but what can I do to insure my immunity will protect me from the new viruses that develop?

This is the foundation of natural medicine. We reinforce the integrity of the individual, thus strengthening the capacity of the person to be able to fend off an aggressor. Specifically in relation to any kind of flu, I would suggest the following:

- Ample HMF (Human Microflora) should be taken as the first line of defense of our mucosal barrier. HMF Forte 2 caps, twice a day (or three times a day with any signs of illness) or HMF Replete, $\frac{1}{2}$ packet, twice a day with any recent antibiotic usage.
- Mucococcinum -a homeopathic made from a duck influenza virus has been proven to show less outbreaks from the flu. Mucococcinum can be taken once a week to help increase one's resistance to such outbreaks. Ask our office for details and dosing information.
- Use homeopathics for flu or pneumonia-like symptoms. Homeopathy is one of the best ways to improve the natural defenses and protect the body from various aggressors. It improves elimination and can thus increase the body's mounting of an immune defense. Homeopathy is the safest and most useful medical intervention to help build the natural immune function that we already have; it furthers self-reliance, not dependency on the latest vaccine. Homeopathy protects its users from the severest of influenza symptoms and consequences. These statements are made from 10-years of personal clinical experience and 200-years of mass clinical observation by thousands of homeopaths from around the globe.

My office has three helpful handouts, one for acute illness and another for fever and finally one for the instructions on the use of Mucococcinum. Please email me at doctorerin@gmail.com for a copy of this information. Please note that any severe illness, acute or chronic, should have a personal consultation to determine the best combination of remedies. All remedies are available by calling 216-707-9137.

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