

Swine Flu, Bird Flu, and H1N1

It will soon be the time of year when people think more about the flu, and with the swine flu virus being considered a pandemic, it's a good time to get informed. Dr. Richard Brouse recently conducted a teleconference on this topic. **We have a CD recording that we're happy to lend to you.** Just check with the Business Leader responsible for your receiving this newsletter. We've included here a few things Dr. Brouse said on his CD, but there wasn't room for much, so we encourage you to borrow it and listen to the whole thing. It's definitely worth listening to.

H1N1 is causing a scare, and there is good reason to be a bit concerned about it. H1N1 is really a classification—it is a Type A influenza virus, which is normally the type of influenza virus that people contract. Swine flue is a type of H1N1 virus. Every time such a virus goes from one host (person) to another, it has the potential to change its characteristics—you've heard this called mutation. This is why there may be cause for concern—it may or may not mutate to a more dangerous and virulent virus. So far, swine flu is not proving to be especially deadly, and we certainly hope that mildness will continue. But this is not guaranteed.

There have been several major epidemics of pandemic H1N1 infections. The first one was the so-called Spanish flu (an avian bird flu) in 1918, at the end of World War I. Because of the virulence/strength of the virus, it spread rapidly. Soldiers returning from WWI carried it back to most of the countries in the world. From 1918 to 1919, between 50 and 100 million people were killed by the infection (determining an exact figure is impossible because of the social upheaval generated by the war). It was the greatest—worst—pandemic the world has ever known—far worse than the dreaded bubonic plague of centuries earlier in terms of numbers killed.

An especially important thing to think about is that about 1/3 of the world's population at that time (or about 1.6 billion people), when tested, were found to have been exposed to that flu—they tested positive. The antibodies to fight that virus were still found in those people over 50 years later. That brings up an important point—not everyone who comes in contact with this virus is going to come down with the disease, and not everyone who is infected by it is at risk of death.

The age groups to be most concerned about are those under age 5—since their immune systems are still developing and most have not been breast-fed long enough—and those over age 65, who are often already on various meds for health conditions, and therefore their immune systems are more vulnerable. There are those who don't even experience a symptom with various viruses; their immune systems are able to recognize it, their interferon levels are adequate, and they are able to prevent the virus from replicating. (This is the category we'd like to be in... how 'bout you?) Some strains of viruses are so virulent that they can overrun the immune system and replicate very quickly. And some immune systems can prevent that from happening.

The CDC has attempted to identify what the swine flu will be like, to make a vaccine. This is a very complicated process, and **the problem is that the virus can mutate enough that the vaccine is ineffective.** This is the same problem with all flu vaccines. Every year they make combinations based on guesses about which forms the viruses will take. It's kind of a crap shoot, and **we've missed the major ones for the last 5 years**, so very few have been spared flu symptoms because of the flu shot. This is just not a very practical approach; in fact, it's been disgustingly inadequate.

Dr. Brouse quoted from the Annals of Internal Medicine from 8/4/09 which said that in a study of 259 Hong Kong households (where they've just been through the winter/flu season) found that **when people wore masks and washed their hands up to 3 times a day, it reduced the incidence of contracting swine flu by about 90%**, and it had 36-hour effectiveness. The CDC has said this may be the most effective way of stopping the transmission of the flu in its tracks. The Annals said that we could curb the transmission of both the regular influenza viruses and the swine flu virus by up to 90% with these measures, which is **more effective than vaccination.**

He suggested that you **wash your hands frequently**, which we've all heard—but are we taking it seriously? If we don't feel a need to do it for ourselves, we may think about who we may unknowingly carry a virus (or bacteria) to and whose immune system can't handle it very well.

He also suggested that you wash your hands after pushing a shopping cart, getting change from a cashier, handling canned goods, etc. etc.—multiple times a day. There was a study done at a school district, where they had a tremendous handwashing campaign in grade schools, and they reduced the incidence of flu for the entire year better than the school districts that promoted vaccinations. *(I'll throw in my own two cents' worth here—since we're all hearing about the cost of health care and health insurance, I'll point out that washing our hands and taking personal responsibility in general costs a lot less money—often in the short run and almost always in the long run)*

This is going back to simple Hippocratic medicine—treat the cause, put your outhouse downstream from your drinking water, etc. We've been carefully persuaded that science will solve our problems, and we overlook some of the most common and simple ways to prevent them.

He suggested that we **put a teaspoon of Shaklee Basic G in a 4-oz. squeeze bottle of water and carry it with us as a hand wash** when we're out and about (or carry Basic G wipes). And he also highly recommended that, if we're

on public transportation or other places where we're close to people, we wear a mask. People's health is more important than looking dorky—especially if there's a risk of death involved!

He also talked about prevention of illness in general. **For children, he suggests the Shaklee Incredivites with lactoferrin.** Lactoferrin is found in mothers' milk and promotes general immune defense. As we reach puberty we develop specialized immune protections. That's where Nutriferon really enters the picture. It is truly a nutraceutical. **It has the ability to modulate a weakened immune system by increasing the production of all 3 forms of interferon.** Interferon is a substance produced by our lymphocytes. When we're healthy, the interferon resides within the white blood cells and can be transmitted to other cells. **It prevents the replication of viruses inside the cell.** So even if the H1N1 virus comes in contact with a person and starts to penetrate the cell, it runs into "barbed wire" and other defenses, so it cannot proceed, and it dies right where it's at. Then it's destroyed by the immune system. Nutriferon is an absolutely essential ingredient for those of us who want to prevent getting the flu, and who want rapid recovery.

Seven years ago, at a science symposium in St. Louis, the discoverer of interferon (and inventor of Nutriferon) Dr. Kojima met with physicians and said that his studies have shown that people who eat a good diet, modulate their stress, and use Nutriferon are virtually immune from getting viruses. Now that's quite a statement! Dr. Brouse, who is around patients all day long, takes 4 per day normally and increases it if he feels like he's fighting something. He emphasized that it's important that you also be faithful with the rest of your supplement program. Don't push Mother Nature, trying to use only one supplement, and make sure you get your rest and cope well with stress. But this supplement is just phenomenal for protecting the immune system.

Defend and Resist, with echinacea, black elderberry, larch tree extract, and zinc, has an upregulating effect on a person who starts to come down with a sickness of some sort. It's best to take it when you have the very early signs. Two tablets every 3-4 hours are good for an adult, or 1 tablet every 3-4 hours for a child can make a dramatic difference in how long that virus can stay with you. He's seen people get over a cold in less than 24 hours (normally it takes 7 days if you treat it and a week if you don't ☺). You can use D&R to help protect you from the H1N1 virus, as well as other viruses, especially if you hit it early in the process of attack. (Note: it takes Nutriferon about 4 days to start to have its full effect, so it's better to take Nutriferon regularly and have D&R handy for when you're aware of an attack. D&R is not good to take as a daily supplement—it's a when-you-need-it supplement.)

The hand germicide gels are basically a gel form of isopropyl alcohol which kills bacteria by dehydration and is not effective against pathogenic germs. Others use chemicals that can kill the good bacteria on your hands, thus removing your natural protection against the growth of pathogenic germs. Basic G is effective against pathogenic germs, including staph and clostridium, and it also biodegrades.

You need to do these practical, simple things in order to beat the odds. I can tell you from my experience and research with the Shaklee products, and the new info and new products, our children as well as adults can be very, very well protected. You don't need to worry about the statistics if you take care of yourself and you obey some of these simple rules.

This seems like a good time to put Defend and Resist on sale. During September, it's \$2.00 off. (#20613)

Happy Birthday, Vivix !

Alas, we don't have room in this month's newsletter to report on the latest groundbreaking research on Vivix... but this will give you something to look forward to in future newsletters! It helps explain even more why Vivix is the best-selling Shaklee product and the best-selling anti-aging supplement in the world! And it's only been available for a year (as of Aug. 8, '08).

Vivix has brand-new packaging—we'll call it Vivix's new birthday suit! Shaklee, of course, has continued to test Vivix and has learned that it has a longer shelf life than they originally conservatively estimated. So now, **a whole month's supply is in 1 bottle (#21200).** And with the money they saved on packaging, **they put an extra serving in the bottle, so it's now a 31-day supply—at no extra cost!** (aaah, but we know it's not the price, it's the value—it's PRICELESS!) The bottle is made of BPA-free PETE—the most recyclable plastic available. Single serving sizes are also available for traveling. Believe it or not, the packaging for those is made from recycled paper!

You can leave the bottle out of the fridge for the entire 30 days, but be aware that some of the polyphenols may turn brownish. They are still just as potent as ever, but they don't look as pretty. We'll keep ours in the 'fridge anyway—it stays thicker (less spillable) that way. Plus, we like purple. Yum!

New Product Guides Are Here !

That's the good news. The bad news is that there's a pricing error in them. But the good news about the bad news is that the Cinch Starter Kit (#59102) is listed incorrectly as \$230.10 SRP. The correct price is \$228.00 SRP; the MN price is correct, and there was no price increase. Sorry for the confusion! This is a fantastic price for the only weight loss program that's clinically tested for safety and effectiveness. To me, those seem like important details—how 'bout you?

Vitalizer and Vita Lea – Revitalized!

Based on their latest nutrition research findings, Shaklee scientists have now enhanced Vitalizer and Vita Lea with higher levels of Vitamin D₃. **In Vitalizer, Vitamin D levels have been increased from 600 IU to 1000 IU, and in Vitalizer Gold, the levels have been increased from 1000 IU to 1200 IU. In Vita Lea, levels have been increased from 400 IU to 800 IU, while in Vita Lea Gold they have been increased from 800 IU to 1000 IU.**

Because there have been changes in the formulations, **each of these products now has a new item code. But they don't have new prices—thank you, Shaklee!**

Higher levels of Shaklee's D₃ are clinically supported and proven to significantly raise Vitamin D levels in the blood. Not only is Vitamin D essential for strong bones, but cutting-edge research findings link higher Vitamin D levels to bone and heart health, immune and cognitive function, as well as the retention of normal blood sugar and blood pressure levels.

We talked about this Vitamin D study briefly in last month's newsletter, but we got a lot more exciting detail at the Shaklee Global Conference in August. Hopefully there will be room in future newsletters for more detail, but for now be aware that Shaklee was the first to determine how much Vitamin D is required in the form of supplementation to bring blood Vitamin D levels into the optimal range (1000 IU, by the way, providing, of course, that it is good quality, bioavailable D, like Shaklee's—which was, of course, what was used in the study). This study was presented at the annual meeting of the National Lipid Association, and there was such great interest in it that the study **was published in the Journal of Clinical Lipidology** (their official publication) **without any changes at all in the manuscript** (which is VERY unusual)! It was in press July 21, so it has probably arrived in health professionals' offices by now. So you may want to read it in your spare time! ☺ For you health professional who don't receive that journal, a lot more info will be available soon at physicians.shaklee.com.

Another Tremendous Shaklee Contribution to Science – Nutriferon & More

One of the recent Shaklee studies shared at the recent Global Conference was conducted at Cornell University with Dr. Ann Moscona, one of the nation's leading virologists. Until Shaklee's contribution, the mechanism of how the flu virus evolves/mutates was done with animals or cell tissue models. This has now changed, because thanks to Shaklee, they have an entirely new technique—the Human Airway Epithelial (HAE) model, which means they can now study viruses in human lung tissue. This advance will catapult virology studies way ahead. Confirmation of the HAE cell model was Phase I of the study. In Phase II they used this new model **to study the impact of Nutriferon on viral activity** by doing gene analysis using infected lung tissue. The stunning result was that Nutriferon was found to be a potent up-regulator of a number of natural killer cells, which are specific white blood cells that seek out and destroy tumor cells (yes, cancer) and microbes, such as various influenzas, including Avian, Swine, other H1N1 viruses, and other invaders. I couldn't take notes fast enough, but they also talked about T-cell receptors that respond to infection, macrophage and cytokine production, and other signaling in the immune system that were all improved. Here's **the bottom line** of it all: **the study confirms (again) the safety and efficacy of Nutriferon and shows what an important role it can play in helping the body's natural defenses prevail against cancer, influenza, and other invaders.**

This is especially relevant, with “flu season” approaching and the swine flu considered a pandemic by the World Health Organization. How serious it will be remains to be seen, depending on whether it mutates to become more dangerous (see the article with info from Dr. Brouse's CD). But who want ANY kind of flu, or cold—or cancer, anyway? Giving our bodies' immune systems support to protect us makes a whole lot of sense.

We'll have more detailed and complete info once the study has been published. If they make too much info public ahead of publication, no one will publish it—it'll be old news. The Human Airway Epithelial Model Study (Phase I) has already been published in the highly prestigious Journal of Virology. When he presented this Nutriferon study to us, Dr. Smidt, PhD, FACN (Shaklee's Chief Science Officer) said that **it has consequences beyond our imagination.**

To celebrate, Nutriferon is on sale during September. \$4.00 off per bottle (#20960). (Note: the 4-pack--# 59193—is already always discounted 10%, then we'll take \$16 off, as well. Single bottles of Nutriferon are also always 10% off on Autoship—and now another \$4 off this month)

What is Nutriferon?

Nutriferon was developed and extensively tested by one of the most eminent immunologists in Japan—Dr. Yasuhiko Kojima. It is an exclusive, proprietary blend of natural plant extracts from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, which has been clinically proven to support and stimulate the natural immune response process at the cellular level. When used daily, the special ingredients in this patented blend induces the production of macrophages and interferon in the body, giving your body extra help in resisting cold and flu bugs, and in relief from symptoms of allergies and asthma. Nutriferon was recently patented for addressing Hepatitis C.

Last Chance to Buy AirSource

The AirSource 3000 will be discontinued as of October 1, 2009, or upon stockout, whichever comes first. Replacement photohydroionization modules (#55103) will continue to be available for at least the next 3 years (through 2012), and after that as well, as long as Shaklee can continue to access them from their supplier. The 3-year warranty for all units sold through Dec. 31, 2009 will be fully honored (for instance, if someone has extra unused units that they sell).

This has been a tough decision for Shaklee. They are still committed to air purification and have spent millions of dollars in the development of an air purification technology that would surpass that of any other air product. But none tested so far has been able to meet their superior standards of performance and quality. Let's hope they work out this breakthrough very soon. In the meantime, for those of you who don't have an AirSource, there are two questions:
1 – Do you want to keep breathing poor quality air until Shaklee provides another option? Air quality hasn't been improving, and indoor air quality is worse than outdoor.
2 – Do you feel lucky? Well, do ya? Huh? (just couldn't resist playing Clint for a moment...☺)

BestWater Replacement Parts Being Discontinued

Speaking of purification products, you may recall that the BestWater Reverse Osmosis system was discontinued several months ago when the company making the body/shell retired the machinery needed to produce it. This was unexpected, and Shaklee has been working on an alternative worthy of bearing the Shaklee name. But doing things right takes time. So, sorry to those of you still drinking poor quality water. We want those of you with BestWater R.O. units to know that, as Shaklee runs out of replacement parts, they will be discontinued. So if you've been considering replacing a part later because it's still (barely) holding on, we suggest that you do so now.

Performance Really Works !

Having had great results in our family, I was already convinced that Performance worked great on both dehydration (my husband works long hours in the heat and has found much relief) as well as maintaining energy during and rebuilding after a strenuous workout when I came upon the Men's Health teleconference with Dr. Bruce Miller. Now I know why...

Dr. Miller explained that Performance is the only electrolyte drink on the market that has ALL the electrolytes present and active. The others only have some. Also, Performance has enough carbohydrates to sustain energy. And lastly it contains fructose. This is important because unlike other sugars the body can and will store the fructose to be converted to glucose for MORE ENERGY as needed giving you a sustained energy throughout a hard workout!...I am so glad to have found Performance!!!!!!
Thanks! to Aimee Tkatchov, Ringwood, NJ

Hand Gels May Be Inflating Claims ???

Dr. Brouse's CD refers to hand gels, and I called one of those companies that makes a gel cleanser/antibiotic and asked for the list of germs it killed. Although the bottle said it killed "99.99% of all germs," they could not produce a list, and there was no list on their website, either. Hmmm... *(Marjorie)*

***Marjorie and Dan Felton Petry
10387 Ivy Ridge Rd.
Bent Mountain, VA 24059
540/ 929-5111
800/ 372-0050
selfhealth@cox.net
www.shaklee.net/feltonpetry***

*Let food be thy medicine,
and medicine be thy food.
--Hippocrates
4th century BC*