

Advanced Natural Medicine

87 Portage Road
New Lynn
Auckland

Phone: (09) 826-4482
Fax: (09) 826-4483
www.2bwell.co.nz



NEWSLETTER No. 17 - January 2006 "BIRD FLU" SPECIAL EDITION

Hi everyone!

It is unbelievable that Christmas has passed! Advanced Natural Medicine has been going for over 6 years and it is always a joy to hear from previous clients as to how well they are doing. I have witnessed women becoming mothers, men becoming fathers and have watched their babies grow. I've seen many clients enjoy the fullness of life through good health and nutrition. On reflection, I realise how fast time goes and how precious each day is. It is indeed a privilege to be a part of so many people's lives, so thank you for letting us be a part of yours.

There has been a lot of news items in the media on health issues which I would like to comment on.

THE BIRD FLU HULLABALOO – WHAT TO DO

Since news of the bird flu hit our media headlines, the health industry reactions have ranged from claims of a hoax to hysteria. There are also valid concerns about the New Zealand population. We have tried here to be informative of both aspects to this issue.

What is it?

The "bird flu" is the common name given to avian influenza – an infectious disease of birds caused by type A strains of the influenza virus. The subtype that is the most significant to humans right now is H5N1. This strain has been around for some time, with a significant outbreak of influenza H5N1 among poultry in Hong Kong in 1997 and throughout Asia during late 2003 and early 2004. During that time, more than 100 million birds in the affected countries either died from the disease or were killed in order to try to control the outbreak.

What is the big deal?

Although the H5N1 virus does not usually infect humans, if it does make the leap, it produces severe and sometimes fatal consequences. The first documented infection of humans with an avian influenza virus occurred in Hong Kong in 1997, when the H5N1 strain caused severe respiratory disease in 18 humans, of whom 6 died. Since the more recent outbreak of H5N1 in Asian poultry, fatal human infections of H5N1 have now been reported in Cambodia, Indonesia, Thailand and Vietnam.

Safety concerns

H5N1 may be of concern for several reasons. First, it can mutate rapidly and has a documented propensity to acquire genes from other viruses that would allow it to infect humans. Secondly, it is a more deadly virus compared to other subtypes.

Right now it appears that human infection with H5N1 most often occurs from contact with infected poultry or contaminated surfaces. However, it is thought that in a few cases, human-to-human spread of H5N1 has occurred, but the spreading of the virus has not continued beyond one person.

Because these viruses do not commonly infect humans, there is little built-in immune protection against them in humans. If the H5N1 virus were able to infect people and spread from person to person, an influenza pandemic (world epidemic) could begin. Currently there are no infected birds in New Zealand.

Symptoms

Published information about the clinical course of human infection with H5N1 is limited. In the 1997 Hong Kong outbreak, patients developed symptoms of fever, sore throat, cough and, in several of the fatal cases, severe respiratory distress secondary to viral pneumonia.

Governments warn

President Bush warned that up to 200,000 people might die in the USA, while the NZ Ministry of Health warned that if a pandemic flu eventuated in New Zealand, it could kill up to 30,000 people. These figures seem alarming and have been the cause of much panic. It has also led to hoarding flu and anti-viral medication. On the other hand, we have some well-respected health spokespeople disputing the seriousness of these warnings.

Is the bird flu a hoax?

According to a recent email by Dr Mercola, there has been massive scaremongering by the US and other governments regarding the spread of Bird Flu. **Dr Mercola believes that this is a hoax that is then used to justify the purchase of Tamiflu, an influenza drug that has not been shown to treat the avian flu. (For more information, refer to www.mercola.com & www.doctormurray.com/newsletter).**

A cautious yet sensible approach may be the answer. It is important to be aware of all the facts and not panic.

Strengthening our immune systems

Many people are asking for natural health products that can protect them against the Bird Flu. **It may be appropriate to boost one's overall immune function as a preventative measure and it's important to make diet and lifestyle changes if immune function is poor.**

The following may adversely affect our immune systems:

- Chronic or severe stress
- Excessive consumption of alcohol
- Exposure to environmental toxins
- Cigarette smoke
- Lack of exercise
- Poor sleep quality
- Poor nutrition.

Advanced Natural Medicine highly recommends some of the following for treatment or possible prevention:

- **Beta A-C powder** (high Vit.C +zinc & Vit. E)
- **Transfer Factor Plus**
- **Olive Leaf extract**
- **Coriolus/Grifola Complex**

If you have any concerns, please consult your Practitioner.

CHOLESTEROL LOWERING DRUGS (statins e.g. Lipex)

On TV One recently (1 Nov 2005) some side effects on the use of statins were shown. A very small percentage of people were developing a kind of muscle myopathy. The reason this occurs is because statins (even though good at lowering cholesterol) are an anti-inflammatory for heart disease, but they also block other essential metabolic pathways that can lead to muscle myopathy. There are other side effects that weren't mentioned, such as liver damage and severe global memory loss. If you need to stay on lipid lowering drugs then you should also take **Max Q10-150** or **Bio Q100** to decrease your chances of getting these side effects.

"SUPERSIZE ME" (shown on TV One 10 Nov 2005)

This was a very interesting documentary where a fit, athletic man decided to stop exercising and live on McDonalds' meals for a whole month. Apart from the increase in cholesterol, none of the doctors predicted the following severe health problems this man would develop over the next month.

- His liver started to deteriorate.
- His blood pressure increased.
- He became low in mood and depressed.
- He gained body fat.
- And he became addicted to and craved McDonalds' food!!
- As mentioned above, his cholesterol increased.

I have told a lot of clients that if you want to increase your energy, exercise, cut out sugar and starchy food, increase good quality proteins such as fresh fish, and then you will feel much better!! You will also lose weight!! You don't need supplements to do this!

GOOD NEWS STORIES

- **High blood pressure, anxiety and severe PMT** – A female aged 45, after blood and liver detox programme, blood pressure restored to normal, no anxiety. Client very pleased.
- **After throat cancer & radiation therapy**, a male aged 49 had difficulty swallowing and also had a dry mouth. After **microcurrent treatment** he can now swallow much easier and the saliva is returning to his mouth!!

- **Lung infection and blocked nose.** A 21-year-old male was unable to be helped by Doctors and specialists. We placed him on a programme and he started noticing a difference in 3 weeks. He hasn't needed antibiotics for the last 6 months.
- **Eczema** in 10-year-old boy. After a change of diet and starting a supplement programme, all eczema has disappeared. Mother very pleased.
- **Severe bladder infection, no appetite** in young boy. After one week on our programme, no blood appeared in his urine and his appetite improved. Dad happy with results.
- **Fractured foot** – 64-year-old female. After **micro-current** treatment, felt immediate relief from pain and discomfort. Recovered quickly!!
- **Anxiety attacks, itchy lips, swollen tongue, no energy, hair falling out** – 30-year-old female. Within 10 weeks, symptoms greatly reduced. A much happier mother-of-three.
- **Pinched nerve, numbness in hands and feet** - 48-year-old lady. After 3 **microcurrent treatments**, the numbness and tingling disappeared and is feeling a lot more comfortable.
- **Diabetic and overweight** – 56-year-old man. In 3 months lost 10kgs. Now not a diabetic. Liver function has returned to normal. Feeling heaps better, fantastic result. He comments, "Happy as a bull on heat"!!
- **Painful tummy, dermatitis, headaches** – 36-year-old male. Started new diet and bowel detox programme. In 3-6 weeks, symptoms disappeared. Well done!
- **Chronic bad liver** – 56-year-old male. Started on programme and within 3 months, all liver functions returned to normal.
- **Severe stomach problems, anxiety, irritable bowel** – 30-year-old male. After first visit felt much better. Has now put on 6kgs from being only 60kgs. Can work much better!

JOE'S AWESOME FOURSOME

For ongoing health, increased energy, maximum wellness.

- **Green Barley Plus** – 1 tsp AM and PM - \$55
- **Fibroplex Plus** – 1 tsp AM and PM - \$55
- **Beta A-C** – 1 tsp AM and PM - \$45
- **Multigenics USA** (\$48) or **B-Complex 12** (\$36) – 1 tab/cap AM and PM.

NOTE: If you haven't had a bowel cleanse for 1-2 years, I suggest you have a spring clean. If you have done it before call our staff so that they can courier you Colozone, Aloe Vera, Vitamin C, and Triphala.

GIFT VOUCHERS

These are available for consultations and massages.

HAVE A GOOD LAUGH

One of our hard case 79-year-old clients has this note tucked in his pocket for emergencies:

My name is xxxxxxxxxx.	Hospital ID ABCC1234.
If found unconscious, please wait 30 minutes then call the doctor as I don't want to die twice.	

Signed xxxxx Phone No. xxxx

Hope everyone has a great, healthy, and prosperous New Year. -

From Joe, Fleur and the Team

