

1. What can we do now to build our immune systems in anticipation of flu season and/or vaccinations?

- Preventative or active (immune compromised) approach?
- Build your defense (immune) system
 - Stop putting junk into your body that cause organs and immune system to work hard
 - Eat organic; stop putting toxins in your body
 - Avoid sugar or other things that turn into sugar (white or artificial sweeteners); don't use honey or natural sugars every day either
 - Hand wash
 - Digestive system: 60-75% of our immune system is in our digestive tract
 - **Probiotics** will be first order of business for building immune system
 - Very helpful: **colostrum** (excellent anti-viral; digestive tract)
 - Keep **lymph system flowing** (massage, skin brush, walk, rebound)

2. If you are able to avoid the vaccination, what natural remedies can you use if you contract swine flu?

- (Acute natural medicine cabinet)
- Flu is VIRUS; some vitamins and herbals are inherently anti-viral
- Inflammation is present in a body experiencing flu symptoms
- **Keep hydrated!** Drink water. This helps cells get rid of what is congesting them.
- **Supplements**
 - D - Anti-flu, anti-viral; minimum 2000IU/day
 - Probiotics - Good bacteria
 - C - Best type is calcium ascorbate with array of bioflavanoids
 - Botanicals: Echinacea, goldenseal, olive leaf extract; recommends tinctures for ease of use

3. What are the risks of taking the vaccination?

- Look at the ingredients for insight into the risks
- Vaccines contain live viruses
- The virus will evoke an immune response; if it does not, the immune system may not be up to responding
- These viruses have an affinity for the nervous system
- She has experienced vaccinated patients who later exhibited shingles, herpes
- Vaccines are preserved with chemicals (aluminum and mercury)
- Also formaldehyde, polysorbate80, etc.; a chemical soup

4. If you are vaccinated by force, what can you do protect your health?

- Look at your own nutritional habits to keep your immune system strong
- Use things that will support **KIDNEY** and **LIVER** function
- Liposomal vitamin C = very good
- Post vaccine - she has a regimen of detox
- Keep bowels open
- Exercise
- Keep hydrated

5. What are the best arguments we can use to teach those around us why they should avoid the vaccination.

- What can you say that's logical?
- What are the ingredients? People read labels all the time.
- Bodies are incredibly strong and able to address things that come along
- It's NOT a really bad virus