



HAHNEMANN CENTER FOR HEILKUNST

The Whole Story: Influenza and You

Introduction

The influenza virus and its resultant disease is a perennial hallmark of life on earth, affecting people yearly. The term is from Italian, itself from the Medieval Latin “influentia” (meaning a cosmic influence – from the stars), the symptoms being noticed and recorded as early as the 1400’s. It is also often known as “grippe,” from the French.

Influenza, or “the flu,” entered the Western consciousness fully in 1918 with the so-called “Spanish Flu,” which was seen as due to a flu virus and reportedly killed 20 million or more people worldwide, more than the recently ended World War I. There have been only a few other such pandemics since, each one much milder in form, though “experts” continually predict that the earth faces another flu pandemic on the scale of the “Spanish Flu.” Such predictions have become particularly strong and widespread over the last five years or so.

The issue of the annual flu involves two seemingly contradictory issues:

1. The flu is an annual affair, following a fairly predictable pattern of illness and sometimes death – when the illness and deaths are higher than usual in a given area or region, it is called an “epidemic.”
2. The flu in some years is more virulent than usual, resulting not only in more illness and death, but also being more global in scope and is referred to as a “pandemic.”

In the 20th Century, there have been only three such “pandemics”:

1918-1919: “Spanish flu”

1957-58: “Asian Flu”

1968-69: “Hong Kong flu”

Summary

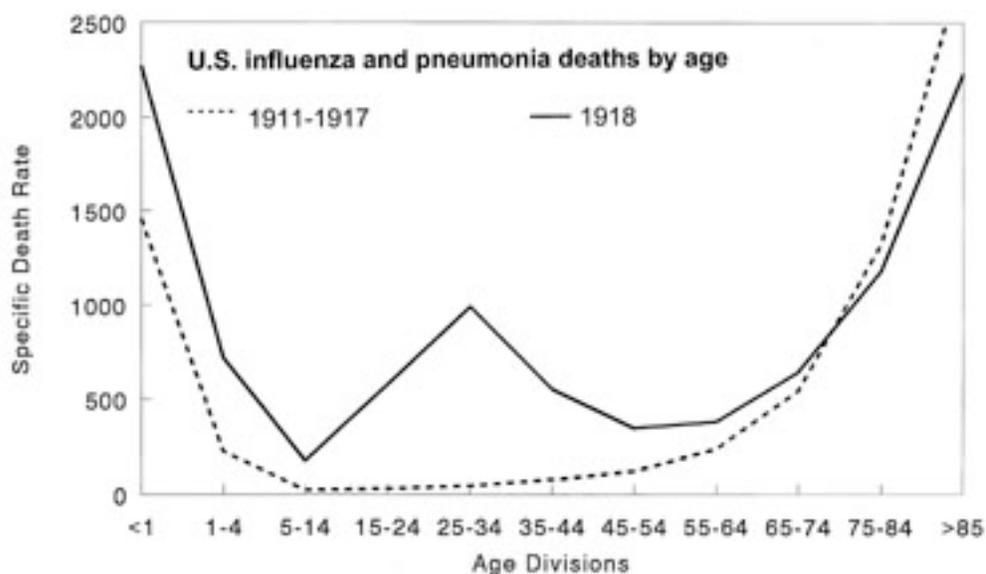
Myth: The flu is a serious health problem. According to government statements and the CDC website itself, the flu kills some 36,000 people annually and is the 7th leading cause of death. (What the CDC states about the flu - <http://www.cdc.gov/flu/keyfacts.htm>)

FACT: Fewer than 200 people a year die from the flu, and this includes cases where the virus was not identified, but only suspected. This makes the flu closer to the 100th cause of death out of 113.

Myth: The influenza virus killed some 500,000 in 1918-1919.

FACT: The cause of the so-called Spanish Flu remains unknown. Based on an analysis of the current figures, even if the flu virus were involved in 1918-19, only about 2%, or 10,000 deaths could be reasonably attributed to the flu virus. It is questionable whether the flu was the actual cause of death or other factors. Why?

1. The incidence curve of the so-called “Spanish flu” differed from the normal one in that young adults were heavily affected.



<http://employees.csbsju.edu/hjakubowski/classes/Chem%20and%20Society/Influenza/1918%20Pandemic.htm>

2. The affect of the so-called “Spanish flu” was very different: seemingly healthy persons were incapacitated within hours and died within a few days. This pattern suggests another infectious agent, but is also consistent with what is known about vaccine-induced illness. It is known that US troops and others were vaccinated heavily for yellow fever, typhoid, diphtheria and tetanus. (See below – Spanish Flu Due to Vaccinations?)

Myth: The only protection against the flu is vaccination and/or anti-viral drugs.

FACT: The flu virus mutates quickly and it is very difficult to predict in advance which strain will be active in a flu season. It then takes at least 3 months to develop a flu vaccine based on that strain.

...Vaccines to Protect Against Pandemic Influenza Viruses

A vaccine probably would not be available in the early stages of a pandemic. When a new vaccine against an influenza virus is being developed, scientists around the world work together to select the virus strain that will offer the best protection against that virus, and then manufacturers use the selected strain to develop a vaccine. Once a potential pandemic strain of influenza virus is identified, it takes several months before a vaccine will be widely available. If a pandemic occurs, it is expected that the U.S. government will work with many partner groups to make recommendations to guide the early use of vaccine. (<http://www.cdc.gov/flu/avian/gen-info/pandemics.htm>)

Thus, annual vaccines may not be for the particular strain and, therefore, useless. Even where the right strain has been used for the vaccine, there is little testing possible for the vaccine compared to other vaccines, where more rigorous testing is required prior to putting it on the market.

The effectiveness of the flu vaccine is estimated at anywhere from 3-65% on very unreliable statistics. For 2003-4, it was estimated at 3-14% (<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5301a3.htm#tab2>)

In vaccine testing, there is no true control group so that all cases where people do not contract the flu is seen as being due to the vaccine. However, even naturally, only a small percentage of people (under 5%) come down with the flu in the first case.

The small number of people who actually contract the flu, and then the very small incidence of death (less than one half of one per cent)

underlines that the key to flu protection lies with the immune system. However, this is nowhere mentioned on government or other semi-official sites. For a healthy person who has not been immune-compromised by drugs, prior illness or vaccinations, there is nothing to fear from the flu.

There is no attempt to boost innate immunity, which can be accomplished with high doses of vitamin C, vitamin E, selenium and zinc. Selenium even blocks the mutations that cause the most mortal form of the flu. [J American College Nutrition 20: 384–88S, 2001; FASEB Journal 15: 1846–48, 2001; Journal Nutrition 133: 1463–67S, 2003] *Sambucus simpsonii*, the botanical name for elderberry capsules and syrup, is well documented in the medical literature to be an effective remedy against the flu. [J International Med Research 32:132–40, 2004; Israeli Medical Assoc Journal 4:919–22, 2002; European Cytokine Network 12:290–6, 2001; J Alternative Complement Medicine 1:361–9, 1995] In a pinch, there isn't a virus that has been able to withstand allicin, the active ingredient produced when a fresh clove of garlic is crushed. [Planta Medica 58:417–23, 1992]" Bill Sardi, Health Writer (<http://www.lewrockwell.com/sardi/sardi45.html>)

Myth: We are due for another devastating pandemic that will kill millions.

FACT: This charge rests on false figures and empty assertions. The evidence seems to point to the fact that what changes an annual flu season with its 200 or so deaths to one with greater deaths is either a) a significant mutation (mutagenic shift) compared to a minor one (mutagenic drift), or b) prior vaccinations and drugs that weaken the population.

It is curious to say the least why, since about 1999, the US government (and that of Canada) have been widely and heavily promoting annual flu shots, even making them free, when the vaccine manufacturers have agreed to make such vaccines available due to an immunity from prosecution for any vaccine injury. This might be remotely justifiable where the number of deaths, actual and potential, was as high as claimed, but the government's own statistics show that flu deaths are one of the least significant causes of death annually. Far from being restricted to those over 65 (where the majority of deaths are, even though still very small), the current flu vaccine campaigns are targeting the entire population.

Spanish Flu Due to Vaccinations?

The pattern is reminiscent of more recent reports of illness and death due to vaccinations and drugs (Gulf War Syndrome). According to one contemporary account by a naturopathic doctor, US troops, sent over in 1917, were heavily vaccinated in a very short period of time and very sickened as a result. The local population on their return in 1918 (after the Armistice of 11 November) was also induced to be vaccinated. The same doctor recalled that only those vaccinated became really sick.

It may be that there was a flu virus circulating, as this is an annual affair, but the sudden deaths in the usually healthy young adult population is more likely due to weakening of the immune system from over-vaccination.

I heard that *seven men dropped dead in a doctor's office after being vaccinated*. This was in an army camp, so I wrote to the Government for verification. They sent me the report of U.S. Secretary of War, Henry L. Stimson. The report not only verified the report of the seven who dropped dead from the vaccines, but it stated that there had been 63 deaths and 28,585 cases of hepatitis as a direct result of the yellow fever vaccine during only 6 months of the war. That was only one of the 14 to 25 shots given the soldiers. We can imagine the damage that all these shots did to the men.

The first World War was of a short duration, so the vaccine makers were unable to use up all their vaccines. As they were (and still are) in business for profit, they decided to sell it to the rest of the population. So they drummed up the largest vaccination campaign in U.S. history. There were no epidemics to justify it so they used other tricks. Their propaganda claimed the soldiers were coming home from foreign countries with all kinds of diseases and that everyone must have all the shots on the market.

The people believed them because, first of all, they wanted to believe their doctors, and second, the returning soldiers certainly had been sick. They didn't know it was from doctor-made vaccine diseases, as the army doctors don't tell them things like that. Many of the returned soldiers were disabled for life by these drug-induced diseases. Many were insane from postvaccinal encephalitis, but the doctors called it *shell shock*, even though many had never left American soil.

The *conglomerate* disease brought on by the many poison vaccines baffled the doctors, as they never had a vaccination spree before which used so many different vaccines. The new disease they had created had symptoms of all the diseases they had injected into the man. There was the high fever, extreme weakness, abdominal rash and intestinal disturbance characteristic of typhoid. The diphtheria vaccine caused lung congestion, chills and fever, swollen, sore throat clogged with the false membrane, and the choking suffocation because

of difficulty in breathing followed by gasping and death, after which the body turned black from stagnant blood that had been deprived of oxygen in the suffocation stages. In early days they called it *Black Death*. The other vaccines cause their own reactions — paralysis, brain damage, lockjaw, etc.

There was seven times more disease among the vaccinated soldiers than among the unvaccinated civilians, and the diseases were those they had been vaccinated against. One soldier who had returned from overseas in 1912 told me that the army hospitals were filled with cases of *infantile paralysis* and he wondered why grown men should have an infant disease. Now, we know that paralysis is a common after-effect of vaccine poisoning. Those at home didn't get the paralysis until after the worldwide vaccination campaign in 1918.

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<http://www.whale.to/vaccine/sf1.html>

Alternative/Natural Protection

Nutrition (Regimen)

What you MUST understand is that people are dying from the flu because they are already sick and have compromised immune systems. The ultimate treatment for the flu is proactive prevention. Eat the right foods, avoid the junk, get plenty of rest and stay emotionally balanced...and you and the flu symptoms will likely never meet.

Start focusing NOW on eating properly. That means STOP with the junk foods and fast foods, STOP with the sugary foods, the processed grains, and the trans-fats. That means INCREASE the healthy and essential fats like the omega-3..., the good carbohydrates like those in vegetables, and the healthy proteins like those in clean, naturally raised meats (i.e., NOT the kind you typically find in grocery stores)...

http://www.mercola.com/2004/jan/3/flu_vaccine.htm

Most Important: If you are doing the above, are being treated homeopathically or through Heilkunst, then you are **not** at risk for the flu regardless of the severity predicted. Even in the worst pandemic, less than 5% of the population is affected (less than 1 in 20, more likely 1 in 50), and of this number (some 1.5-6 million people) less than one in 24,000 to one in 6,000 at most might die.

Natural Immunity: “Homoprophylaxis” – based on principles of natural law, you can receive a protection against the flu, regardless of the strain, prior to the fall/winter season, from an energetic dose of the flu virus (a natural vaccination) that is safe and non-toxic (unlike the

conventional flu vaccine which contains various chemicals, mercury and other noxious agents, not to mention an active or weakened flu virus that can also trigger a flu disease in those vaccinated).

Vitamin C (at least 2,000-5,000mg a day for an adult, or about 100mg a day per year of age for a child under 12), spread out over the day (since we eliminate what we don't use, it is important to take in the Vitamin C a few times a day).

Flu Figures

Figures often beguile me, particularly when I have the arranging of them myself; in which case the remark attributed to Disraeli would often apply with justice and force: "There are three kinds of lies: lies, damned lies and statistics." - *Autobiography of Mark Twain*

Usual Incidents and Mortality from the Flu

The first thing that strikes any observer is that statistics lump together deaths from pneumonia and flu. These are not the same and pneumonia deaths outweigh flu deaths by about 300 to 1 (that is for every flu death, 300 people die of pneumonia). However, the usual statement is that the flu claims approximately 30-36,000 deaths each year in the US. If one examines the actual statistics, we find that the deaths from influenza alone are very much smaller.

The US CDC (Center for Disease Control) statistics for 2001 show that only 257 deaths are recorded for influenza compared to some 67,000 for pneumonia. If one examines the more detailed Work Table for these 257 deaths, one finds:

Influenza due to identified influenza virus (J10): 18
Influenza with pneumonia, influenza virus identified (J10.0): 6
Influenza with other respiratory manifestations, influenza virus identified (J10.1): 12

Influenza, virus not identified (J11): 239
Influenza with pneumonia, virus not identified (J11.0): 111
Influenza with other respiratory manifestations, virus not identified (J11.1): 115
Influenza with other manifestations, virus not identified (J11.8): 13
(http://www.cdc.gov/nchs/data/statab/mortfinal2001_workIV.pdf)

We can see two categories: the J10 series category for cases where the flu was actually identified, and J11 for cases where the flu is only suspected.

J10: 36 (flu actually identified as the cause of death, and even then not always the only factor)
J11: 249 (flu suspected, but not identified as such)

While the numbers don't add up to the final reported 257, the working total is close (285).

Based on this understanding of the “flu” statistics, we can appreciate the following:

- a. Flu deaths are a very small proportion of “flu/pneumonia” deaths.
- b. Flu deaths are usually reported without the clarification that the total includes pneumonia, or reported together, leaving the impression that the large total is solely or largely due to the flu alone.
- c. Predictions of flu deaths are usually based on deaths from both flu and pneumonia.

Another understanding of the flu emerges from the yearly reporting. Based on the CDC statistics, we have the following pattern:

TABLE 4: PNEUMONIA AND INFLUENZA - NUMBER OF DEATHS BY 10-YEAR AGE GROUPS, 1979-1998, 1999-2001

**CAUSE OF DEATH
INFLUENZA**

(<http://www.lungusa.org/atf/cf/%7B7A8D42C2-FCCA-4604-8ADE-7F5D5E762256%7D/PI1.PDF>)

Year	Total	<1	1-4	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75-84	85+
1979	604	9	8	8	9	8	6	10	28	84	169	265
1981	3006	13	8	12	18	31	19	48	147	399	939	1372
1983	1431	6	8	3	7	9	14	19	67	183	400	715
1985	2054	7	6	7	7	8	15	31	90	214	598	1068
1987	632	8	6	1	6	8	16	17	37	64	155	314
1989	1593	12	8	14	16	15	31	31	72	172	431	791
1991	1044	10	14	13	8	8	14	21	38	84	183	363
1993	1044	10	14	13	8	8	19	22	46	114	258	532
1995	606	7	7	7	6	1	14	18	31	80	135	300
1997	720	12	10	13	4	7	18	18	31	78	162	367
1998	1724	6	3	14	10	1	17	21	61	152	513	926
1999	1665	13	12	11	11	9	16	26	71	164	451	881
2000	1765	9	10	11	13	13	22	48	93	199	492	855
2001	257	7	6	12	7	10	6	15	21	21	56	96

SOURCE: NATIONAL CENTER FOR HEALTH STATISTICS, REPORT OF FINAL MORTALITY STATISTICS, 1979-2001

According to the same sources, pneumonia deaths have averaged about 60,000 annually since 1999.

Some observations:

- a) Yearly deaths from flu range from 250-3000, averaging about 1277 a year, but this includes deaths where flu virus is only suspected, not confirmed or identified. (J11).
- b) If we take the same proportion as for 2001 of flu deaths (J10)/flu and pneumonia deaths - J10 and J11), or 15% (36/249) then we have really only about 191 deaths a year on average attributable to the flu itself.
- c) If we apply this same proportion of flu/pneumonia deaths, or about 2% flu:pneumonia, we can then see more clearly how many deaths likely occurred due to the flu only in each of the three pandemics in the US in this century (<http://www.cdc.gov/flu/avian/gen-info/pandemics.htm>)
 - a. Spanish flu: 2% of 500,000 = 10,000
 - b. Asian flu: 2% of 70,000 = 1400
 - c. Hong Kong flu: 2% of 30,000 = 600

In the US in 2001, some 2,400,000 deaths from all causes were recorded. Thus, deaths from the flu represent only about 0.00833% or less than 1 verified flu death for every 12,000 other reported and unconfirmed flu deaths, or less than 1 flu death per 3,000,000 people in the US. This puts the flu at the lower end of the 113 causes of death listed by the CDC, rather than 7th as is often stated (by lumping in deaths due to pneumonia).

Incidence of Contraction of the Flu Virus

Only a small proportion of the population actually contracts the flu each year – according to the CDC about 5-20%. However, this number is itself suspect as CDC figures show that only about 10-15% of cases believed by doctors to be the flu have the virus identified. We could thus reasonably estimate that the flu affects only about 0.5-2% of the population annually (about 1.5-6 million people per year) with a death rate of .004% - .017%

Age-Incidence of Death

Most flu (confirmed and unconfirmed) deaths occur in those over 65 (67%). Deaths in those 85 or older account for close to 40% of all flu deaths. Thus, in 2001, only 13 deaths were recorded in those less than 5 years of age. Of these, not all would have had the flu virus actually identified.

Resources

<http://www.cdc.gov>

<http://www.lungusa.org>

<http://www.mercola.com>

<http://www.whale.to/vaccine>

<http://www.lewrockwell.com>

<http://employees.csbsju.edu>

<http://www.homeopathy.com/flu>