



Rowan Emrys, Gold Director, CO

Rowan Emrys, C.N.M.T., after 23 years in the dental field, became a Certified NeuroMuscular Therapist in 1986 while concurrently utilizing both Cranio-Sacral Therapy and Reiki. She was mentored in the early 1960's by the now-famous Boulder herbalist, Hannah Kroger, signed on as a DYNAMITE® distributor in 1993 and became DYNAMITE®'s 3rd Gold Director in September, 2004.

The information contained in this article is the personal opinion of Rowan Emrys. Her opinion does not reflect that of DYNAMITE® MARKETING, INC. This information is not intended to diagnose, cure or prevent any disease. Always follow the advice of your health professional. Rowan Emrys may be contacted directly at info@tarryall.net or 970.221.4014

The Yearly Flu Hysteria, Is It Justified?

by Rowan Emrys, Gold Director, CO

On October 6, 2004, the CDC was notified by the Chiron Corporation based in the UK that none of its influenza vaccine, Fluvirin®, would be available due to continued plant contamination of which they had been warned in 2003. Panic ensued. People stood in line for shots for such a long time in some areas that one 79 yr old woman died after 5 hrs on her feet, one drug store had its entire stock stolen, vials normally selling for about \$80 are now going for \$600, doctors are being threatened by terrified patients, one city is having a lottery for the available shots, and the insanity goes on.

Why the hysteria?

The fear apparently goes back to the Great Influenza Pandemic of 1918 which killed, according to CDC statistics, about 500,000 US citizens. Known as the Spanish Flu, or La Grippe, it actually began on an over-crowded, under-nourished army base in Kansas and was spread throughout the world via troop movement during WWI. The death toll rose higher as a quickly developed vaccine was given not only to troops but also to their caregivers and the general public.

Dr. Eleanor McBean, who lived through that epidemic, states in Chapter 2 of her 1977 book *The Swine Flu Exposed* [www.whale.to/a/mcbean2.html]: "As far as I could find out, the flu hit only the vaccinated. Those who had refused the shots escaped the flu. My family had refused all the vaccinations so we remained well all the time. 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."

Aren't Modern Vaccines Better?

According to the CDC [www.cdc.gov/flu], 135 children died during the 2003-4 flu season, 59 of whom were flu vaccinated. There are no statistics indicating general health or nutrition. However many researchers believe that a majority of "flu" cases are in fact rhinoviruses and that, for most healthy individuals, influenza is not very serious. Many holistic physicians believe flu is actually caused by our abominable American diet which in itself compromises immune systems which are then overwhelmed by unnecessary vaccines. And, as admitted by many in the public health community itself, the flu vaccine is viewed by them as being a "monetary vaccine."

Influenza is known for its frequent wild mutations resulting in vaccines that are always at least one year behind and which do not undergo clinical trials. The vaccines are prepared by inoculating chick embryos, inactivating the result with formaldehyde and preserving/sterilizing it with Thimerosal, a form of mercury. According to Dr. Mark Sircus [www.imva.info], this equals 25 mcg of mercury in every injection and "mercury is nerve toxic at well below 25 mcg."

Dr. Hugh Fundenburg [www.rhinoed.com], one of the most quoted biologists of our time, says that if an individual has five consecutive flu shots his or her chances of developing Alzheimer's Disease are 10 times greater than if they had one, two or no shots. And the CDC itself states that no one with a) an allergy to hens' eggs, b) Guillain-Barré Syndrome, or c) immuno-compromised systems should receive the vaccine.

So who is immuno-compromised? Aside from all those with any illness

ranging from colds to MS and beyond or between, perhaps 60% of the entire population is considered to be "chemically immuno-suppressed" from not only corticosteroids but also from alkylating drugs, antimetabolites, radiation, etc. Such persons are literally everywhere: more than 8.5 million individuals have cancer, over 850,000 have HIV or AIDS, over 184,000 are organ recipients, and untold millions are on corticosteroids—28 million alone with eczema; none of whom should be vaccinated..

Despite the shortage of injectable flu vaccine, there apparently is an abundance of FluMist™ nasal spray vaccine available. The package insert carries this PRECAUTION: *FluMist™ recipients should avoid close contact with immunocompromised individuals for at least 21 days...*and goes on to include anyone suffering from chronic metabolic diseases (including diabetes), kidney dysfunction, or a hemoglobinopathy such as sickle cell disease and those who are pregnant. All of these at-risk individuals are to be avoided for the three weeks during which the live virus sheds [becoming contagious] from immunized individuals. This puts just how many people at risk? And what about nursing infants?

Dr. Sherry Tenpenny [www.nmaseminars.com] is very concerned about the nasal spray for a number of reasons including the fact that "the vaccine may contain contaminant avian retroviruses"; the fact that "a stabilizing buffer containing potassium phosphate, sucrose (table sugar) and nearly 0.5 mg of monosodium glutamate (MSG) is added to each dose"; the fact that "between 10 million and 100 million viral particles will be forcefully injected into the nostrils when adminis-

tered”; and the fact that “the olfactory tract has long been recognized as a direct pathway to the brain” which she warns could cause future outbreaks of encephalitic diseases.

It is also interesting to note that since the announced “side-effects” of this nasal vaccine include cough, runny nose/nasal congestion, irritability, headaches, chills, muscle aches and 100° F fever, all of which are virtually identical to the flu itself, what is to prevent massive viral shedding as recipients sneeze and drip their way around day care, school, work, church, shopping, etc. for 21 days? That is if they are not home in bed taking aspirin and drinking chicken soup!

Are There Options to Vaccines?

The Clinical and Diagnostic Laboratory Immunology Journal, May 2001 reported researchers in Japan discovered that mice given a nasal spray containing the “good” bacteria *Lactobacillus casei* found in human intestines were 90% more likely to survive a serious bout of the flu and showed less influenza activity. While this is currently unavailable to us, other common sense, workable options are.

Hand washing—Dr. Joseph Mercola [www.mercola.com] tells of one study that had children wash their hands when they arrived at school, before lunch, after lunch, at recess and before going home. After one month participants had 24% fewer days off school from colds and the flu plus an astounding 51% fewer sick days due to gastrointestinal problems such as stomach cramps and diarrhea. And that is for children who tend to be pretty flexible otherwise in their hygiene habits! Mercola goes on to warn against using antibacterial soaps as they tend to contribute to the spread of antibiotic-resistant bacteria. Rather than soap, we use DYNAMITE® **All Natural Shampoo** with its **Tea Tree Oil** and other natural substances as our only skin cleanser.

Nasal flushing—An ancient preventive hygiene practice that seems to help one avoid sinusitis of any sort consists of just a pinch of salt (NTM™!) in a cup of warm water and gently poured, or bulb-syringed, (the original way is to use a Neti Pot [www.thenetipot.com/]) into each nostril as the head is tilted back and brought forward. If a “bug” is active, adding DYNAMITE® **Solace™** to the water (or even using it straight) seems to be very effective;

taking **Solace™** internally, according to directions, can increase its effectiveness. DYNAMITE® **Tea Tree Oil** can also be added to the Neti Pot/syringe or daubed at each nostril.

Vitamin C—Linus Pauling, 2 time Nobel prize winner, claimed that “sufficient amounts of Vitamin C can overcome virtually any virus.” He was talking about 2 grams/day for colds and up to 10 grams/day for cancers and modern research concurs. We know that **Ester-C®*** is 4 times more effective (and far more kind to the stomach), so less is definitely more; DYNAMITE® supplies it in either powder or capsule form. Also DYNAMITE® **Hiscorebadyne®** provides bioflavonoids and other co-factors of Vitamin C making it even more effective yet. We have taken up to 8 capsules per day. Of course this amount can have side-effects such as improved vision, cardio-vascular health and joint movement in addition to decreased fatigue, varicose veins and macular degeneration!

Hydration—Proper hydration is always important and especially so when dealing with flu. The general consensus is 1 quart of purified water per 50 pounds of body weight. We add DYNAMITE® **Catalyst Water** to our daily water supply thus making the water “wetter” and better able to carry nutrients into cellular structures. In addition, we add **Elixir™** to help balance electrolytes while aiding digestion. If you are vaguely achey, experiment with adding either **Elixir™** (1-2 cups) or **NTM Salt™** (handful) to your bath water or sponge down a feverish child with **Super ACV** (organic, raw apple cider vinegar). But do remember that it is with fevers that our bodies rid themselves of harmful microbes.

Diet—Holistic practitioners also advise avoidance of all sugars (including all pop) and flours while partaking of far more (we suggest 65-80%) vegetables, greens and fruit. Also vital for a healthful immune system are Omega 3 fatty acids found in range-free animal products including eggs and meat, wild salmon, walnut, borage or evening primrose oils and even dark greens; most vegetable/cooking oils are actually very high in Omega 6. To ensure proper nutrients, follow the basic DYNAMITE® human program of **Dynamite Plus™** or **Regular DYNAMITE®** and **Tri-Mins™** in addition to the **Elixir™** above. Such an alkaline diet also promotes and supports

numerous strains of beneficial bacteria including *Lactobacillus casei*.

Supplements—For more specific immune system support, consider:

- **Izmine™** whose rare earth elements have been shown to support the immune system, interferon production and DNA structure itself;
- **S.O.D.** which encourages the body to make its own Superoxide Dismutase upon which T-cell formation is dependent; generally a 10 day round works well although some people under great stress choose to take maintenance dosages continuously;
- **Trace Minerals Concentrate** which many distributors have found to be helpful if taken orally at 10-20 drops/day for 7-10 days (diluted in juice or distilled water per directions).
- **Herbal Green™** which is loaded with chlorophyll, the plant equivalent of human hemoglobin, that supports both stressed adrenals and the alkaline pH vital for our immune system to function;
- **DMG** or Vitamin B15 (Pangamic Acid) which was shown in a double blind clinical study at the Medical University of South Carolina to result in a 400% increase of antibody production.

Attitude—It is amazing that whatever we concentrate on seems to happen. If we focus on living a healthy, productive life, we create it; conversely if we focus on fear and illness, we create that. Jim Zamzow himself believes that approximately 65% of health is due not just to his superior supplements, but rather to the non-physical aspect of our lives.

We believe that you cannot poison an organism into health; that only natural lifestyles and positive attitudes result in both physical and non-physical health. But we wonder why the nasal mist being promoted does not contain *Lactobacillus casei* rather than live attenuated virus. And we wonder why bottles of Vitamin C are not being offered rather than injectible vaccines. And we wonder why handwashing is not in the headlines. And we wonder how such a relatively innocuous disease relatively easily dealt with and deadly only to a minute percentage of immune-weakened individuals in its natural state has come to be perceived as a fearful scourge for all. And we wonder where common sense and wis-