



**WellSpring ESSENTIALS**  
*Your Resource for Healthy Living*

October 5, 2009

Hello «First»,

Well it is here – the swine flu. The vaccine came too late (Not that I am recommending it) and it seems that all over our area it is breaking out quickly.

Because of this we will NOT have an Herbal Hour this month, however, attached is some information about the swine flu and some options available to you.

I have gathered this information from different sources including government web sites and I have merely reprinted it. My purpose was to get the information in one place for easy use by you. All references are listed and this is for educational purposes only.

I sincerely hope that this is helpful to you.

Call me if you have any questions.

Think positive, don't worry and thank you. We will get together next month and I have a great surprise for the next Herbal Hour!

Judy McConnell, NHC

*This information is for Educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.*

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# Swine Flu Information

## Prevention:

(Reference: Center for Disease Control web site: [www.cdc.gov/H1N1flu/ga.htm](http://www.cdc.gov/H1N1flu/ga.htm))

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wash your hands often with soap and water.
  - Avoid touching your eyes, nose or mouth. Germs spread this way.
  - Try to avoid close contact with sick people.
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## Prevention (Cont.):

(Reference: Horne, Steven, Tree of Light Publishing, P.O. Box 911239, St. George, UT 84791, Sunshine Sharing, Issue February 2007, Volume 18, No.2 "There is a Cure for the Common Cold (and Flu)".

- Detoxify your body by doing a Cleanse before cold and flu season.
  - Avoid "junk food" and eat fresh fruits, vegetables, whole grains, etc.
  - If exposed, boost your immune system with herbs & supplements. Some choices are:
    - Silver Shield Liquid, internally
    - Elderberry Defense
    - Ultimate Echinacea
    - VS-C
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## Prevention (Cont.):

(Reference Herbal Hour of 9/15/09 with Dr. Jay Vanden Heuvel "Immunizations: Know before you go")

- Use Silver Shield Gel, which lasts for 4 hours on hands, at the entrance to your nose, etc.
- Consider purchasing a Boomerang air sanitizer for your home and/or office, which has the Silver Shield Technology and makes it airborne.
- Make up and use the "Kaboom Hand Wash" which contains Sunshine Concentrate, Guardian Essential Oil, and Silver Shield (liquid or gel). Wash hand often.
- Use supplements:
  - Prevention Homeopathic

- Vitamin D3
- Seasonal Defense
- Super Omega 3

If exposed use:

- Silver Shield Liquid
- Olive Leaf
- Oregano Oil (Small amounts internally for short periods of time)
- CC-A capsules or liquid

### **If you choose to use the Vaccine:**

Consider the following:

(Reference Herbal Hour of 9/15/09 with Dr. Jay Vanden Heuvel “Immunizations: Know before you go”)

- Vaccination Detox –“Helps with vaccine side effects changes vibrations! Consider even with past vaccinations.”
- L-Lysine –“Ability to fight viruses, produce anti-bodies and enzymes. Empty stomach.”
- HP Protease –“Garbage Collector, breaks proteins to peptones (hydrolysis).”
- Heavy Metal Detox –“You know why.” (He told us earlier in the presentation about the mercury content in the vaccine serum.)

## **If you get sick with flu-like symptoms:**

(Reference: Center for Disease Control web site: [www.cdc.gov/H1N1flu/qa.htm](http://www.cdc.gov/H1N1flu/qa.htm))

### What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever.

### What should I do if I get sick?

If you live in areas where people have been identified with 2009 H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

### *In children, emergency warning signs that need urgent medical attention include:*

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

### *In adults, emergency warning signs that need urgent medical attention include:*

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion

- Severe or persistent vomiting
  - Flu-like symptoms improve but then return with fever and worse cough
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### **If you get sick with flu-like symptoms (Cont.):**

(Reference: Horne, Steven, Tree of Light Publishing, P.O. Box 911239, St. George, UT 84791, Sunshine Sharing, Issue February 2007, Volume 18, No.2 "There is a Cure for the Common Cold (and Flu)".

NOTE: Most of the statements below are direct quotes from this reference so the credit goes entirely to Mr. Steven Horne.

Use the A, B, C + D approach – A=Activate, B=Build, C=Cleanse, D=Direct Aid.

#### ACTIVATE:

When you feel it coming on stop eating - consume only broths and vegetable juices, use Pungent Herbs, and drink lots of water – room temperature or warm - not cold:

- Pungent Herbs:
  - Capsicum
  - Horseradish
  - Garlic
- A good formula is HCP-X in a tea. Use 2-3 capsules and add honey or xylitol to sweeten – no sugar. Sip frequently.
- CC-A capsules 2-4 every hour.
- HCP-X is too strong for children under 6 so the liquid CC-A with Yerba Santa is suggested every 15-30 minutes with lots of water.

#### CLEANSE:

Just activating can help speed up the process of recovery but aiding the body's ability to flush the toxin out is also helpful.

- Clear the Colon:
  - Proactazyme or Food Enzymes 1-2 capsules every hour with plenty of water or fruit juices like organic apple or prune juice. This should clear the colon in 2-6 hours then stop.
  - If a fever is present then bitter herbs will help clear the colon and cool the system:
    - Golden Seal/Echinacea or Oregon Grape liquids ¼ to ½ teaspoon per hour.
    - Another choice is LB Extract combined with lobelia. ¼ teaspoon of LB Extract with 5-10 drops of lobelia every 30-60 minutes until the bowels evacuate.
- Sweat it out:
  - Brew up some HCP-X tea as described above, add 2 capsules of Yarrow and 2 of Chamomile and sip while sitting in a hot bath. When the water cools and the tea is

gone (15-20 minutes), dry off, go to bed and pile on the blankets. Drink plenty of liquid until you start perspiring.

- Flush the Kidneys and Lymphatics:
  - Again drink lots of water!
  - With a sore throat or earache adding 1 teaspoon of Kidney Drainage and 1 teaspoon of Lymphatic Drainage may be very useful.
- Clear the Congestion:
  - “Hands down, ALJ is one of the most effective herbal decongestants we know”.
  - If there is a lung infection combine ALJ with High Potency Garlic every 4 hours.

### BUILD:

“We’ve stressed avoiding food while helping the body clear out the disease. This is because the body needs to concentrate its energy on fighting off the illness, not diverting it to digesting food. When Hippocrates said, ‘Feed a cold, starve a fever,’ what he meant was ‘If you feed a cold, you will have to starve a fever.’ Eating solid food, especially animal proteins, dairy, grains or products containing refined sugar, will only contribute to the environment that is allowing the ‘germs’ to take hold.

Once the symptoms have subsided, and your energy is returning, you can start eating again, but don’t introduce heavy foods right away. Start with soups, fruits and vegetables and then work up to heavier foods over a 24-hour period. This helps prevent relapse.”