

Nutrition for Your Health

Your guide to better living

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Flu Shots

There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them, anyway.

THE CDC CRYSTAL BALL

Technicians affiliated with the Centers for Disease Control and Prevention (CDC) collect flu viruses from pigs and people in foreign lands, e.g. China. CDC personnel then attempt to predict which viruses will infect people in the US the following year—the CDC crystal ball.

How Good is the CDC Crystal Ball?

Predicting which influenza viruses from China will infect people in the United States a year later involves a fair amount of guesswork. Three studies by the CDC between 1992-95 showed 84%, 87% and 76% of the flu people were getting was not in their flu shots. There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them, anyway. - Dr. J. Anthony Morris, formerly Chief Vaccine Control Officer at the US Food and Drug Administration

In 1996, the CDC recommended anyone 65 and older, residents in nursing homes, people who work in hospitals and nursing homes, and others should be vaccinated. However, past studies of Type A by the CDC showed that the flu vaccine does not work. Vaccinations in nursing home patients yielded an average of only 27% effectiveness and four other studies showed 0, 2, 8, and 9% effectiveness. Poor vaccine results can even occur when the vaccine virus is "essentially identical" to that causing the outbreak. For influenza B vaccine, studies range from 0% to 36% effective, averaging 21%. Between 1988-1992, the federal government mandated \$69 million towards a Medicare Influenza Vaccine Demonstration project. This study, intended to promote Medicare-funded flu shots, yielded a disappointing 31-45% effectiveness. The 1989-1990 season resulted in Medicare payments being significantly higher for those who had been vaccinated.

Several studies and government projections confirm that with or without a flu shot, pneumonia and influenza hospitalization rates for the elderly are less than 1% during the influenza season. This means that, regardless of vaccination status, more than 99% of people weather a

bout of flu without requiring hospitalization. The director of CDC's National Immunization Program, Dr. Walter Orenstein, reported at an influenza conference that the "at risk" population, for influenza complications are small.

Mutation and Side Effects

The flu viruses mutate and the vaccine, based on the new mutated virus, is different every year. Experts say that protection from a flu shot lasts only one year, therefore, they recommend yearly shots. [\[How convenient that they happen to financially benefit. –Dr. Kelly\]](#)

Mass influenza immunization programs (just as for measles, mumps and rubella), instead of protecting, actually predispose many people to the disease and make them susceptible through the process of sensitization to serious and, indeed, fatal outcomes. The vaccines have had fantastic failures – remember the swine flu vaccine deaths? People who had adverse reactions to the swine flu shots but didn't die were still having serious allergic type reactions to further flu shots for 2 years.

[Note: If you have a reaction or get sick from the flu shot, expect a worse reaction the next time. My advice is don't get a flu shot. If you've had a bad reaction, don't get another flu shot. – Dr. Kelly](#)

The flu vaccine is associated with Guillain-Barre'. The occurrence of hundreds of cases of so-called Guillain-Barre' paralysis in vaccines resulted in some 4000 law suits. Some 3 billion dollars were paid out in compensation.

Officials Urge Flu Shots For Babies

Now that we're vaccinating infants so much (and not breast-feeding) we're damaging their immune systems and more kids are having serious health problems. What's the answer from the MDs? Vaccinate less? Breastfeed more? No! Give more shots. This year marks the first time parents are being urged to give babies 6 months to two years old flu shots. Unlike the yearly shot for adults, babies require two doses being a month apart!

International Controversy

At one CDC-sponsored influenza symposium, a British researcher stated, "...not all authorities are convinced of the benefit of immunization". He deplored the "unsatisfactory situation" of poor influenza vaccine efficacy, which "compares unfavorably with other virus vaccines". Even CDC officials confessed, "influenza vaccines are still among the least effective immunizing agents available, and this seems to be particularly true for the elderly recipients".

FEVER: Is It Our Friend or Foe?

TAKING MEDICATIONS TO LOWER A FEVER MAY PROLONG ILLNESS.

Children with chicken pox took longer to recover when given acetaminophen than did those whose fevers were untreated. Recent studies show that infected animals when prevented from running a fever, die from infections they would have normally survived.

Fever is the way the body revs up the immune system to fight diseases. Viruses are very sensitive and are weakened by the heat of a fever.

FEVER DOESN'T NECESSARILY MEAN A SERIOUS ILLNESS

"I'm much more concerned about a non-responsive child with a 101o temperature" says Dr. Hyman. "Watch how the patient looks and acts." High fevers rarely cause brain damage or death. "Body temperature needs to soar above 106.5 degrees before there is risk of brain damage", Dr. Schmitt says, "The main purpose of treatment is to help the child feel comfortable." Dr. Boyd adds, "Unless your doctor tells you, never wake someone to take a temperature or give fever medication. Sleep is very important to someone who is sick." Reader's Digest, 1994

ZINC LOZENGES: TREATMENT FOR THE COMMON COLD?

Dr. Michael L. Macknin, Chairman of General Pediatrics at the Cleveland Clinic Foundation, was quoted as saying, "...many viruses' growth are inhibited by the presence of zinc. Zinc appears to prevent viral replication." (There are more than 100 types of rhinovirus and they are the most common cause of the common cold.) When Zinc is present, the rhinovirus cannot effectively bind to the respiratory epithelium. As a result, the viruses cannot infect the respiratory tract. "Zinc Gluconate Lozenges For Treatment of the Common Cold ", Annals of Internal Medicine, July 15, 1996

I've been recommending zinc lozenges for colds and flu for 15 years. Maybe the medical community is finally catching on. -Dr. Kelly

Ineffective Pneumonia Vaccine

A vaccine that U. S. health officials say all persons over age 65 should receive appears to be ineffective or worse, according to a report in The Lancet. A Swedish study of 23-valent pneumococcal capsular

polysaccharide vaccines involving nearly 700 elderly patients concluded that it does not prevent the incidence or consequences of pneumococcal pneumonia. There has been little research to date that justifies the use of this popular vaccine, although "doctors assumed it worked". The study further showed that the vaccinated group developed a 23 percent higher incidence of pneumonia. In a brilliant flash of medical logic, the author of this study recently told reporters that he still recommends the vaccine for older persons because pneumonia "is extremely dangerous in elderly people". The Lancet, February 7, 1998

Lauricidin for Colds, Flu, and Infections

Lauricidin is a non-toxic nutritional lipid. It comes in a concentrated mini-pellet. It contains no fillers, preservatives, or other additives. It is the purest form of monolaurin available. Monolaurin as a class of food additives is considered GRAS (Generally Regarded As Safe) by the USA FDA.

Side Effects

Present information on Lauricidin suggests that it does not interfere with other drug metabolism or other supplements.

Dosage: "One dose does not fit all"

Children – (less than 10 years old) To be taken with meals. The pellets can be placed in the mouth and swallowed with juice or water. Try not to chew pellets. There is no harm if they are chewed, but it does have a mild soapy taste. For difficult situations or babies, try putting the pellets in applesauce or peanut butter. They are small enough, that the child doesn't even notice it is there. Start with 3-6 a day for a week. If the flu/cold persists increase the dosage to ¼ to ½ scoop (provided in jar) spread throughout the day. Lauricidin along with the other recommendations should take care of most cold/flu symptom in a few days. Do not exceed this dosage unless directed by a doctor.

Adults – To be taken before, with, or after meals. The pellets can be swallowed with water or juice. Try not to chew pellets. There is no harm if they are chewed, but it does have a mild soapy taste. Start with ¼ scoop (provided in jar) 2-3 times daily for a week. If the cold/flu persists, increase the dosage to ½ scoop, 3 times per day. Lauricidin along with the other recommendations should take care of most cold/flu symptom in a few days. Do not exceed this dosage unless directed by a doctor. Note: ¼ scoop = 22 pellets; ½ scoop = 44 pellets; 1 scoop = 88 pellets

How can Lauricidin help me?

1. Has anti-bacterial, anti-viral, and anti-fungal properties.
2. May be beneficial in treating those infected with the HIV virus, including AIDS patients
3. Is capable of anti-viral activity against a number of membraned viruses, including influenza and herpes viruses

4. Works with your immune system to attack only alien bacteria, unlike traditional antibiotics which indiscriminately attack any bacteria around. Use of such antibiotics can cause your body to lose the beneficial bacterial that are naturally occurring in your digestive system, leading to gastrointestinal problems and yeast infections.

What do you do for Prevention: Colds/Flu

1. No flu shot
2. Zinc Lozenges: these are usually around 15mg of zinc per tablet. (Adults (150lb): 2/day, 100lb: 1 ½ /day, 45lb: 1/day, 20lb: ¼ /day)
3. Vitamin C (4000mg/day for 150lb adult; 250mg every other day (20lb child); up to 500-1000mg (45lb child); up to 2000mg (100lbs). We have a great chewable vitamin C in our office!)
4. Get off of ALL Dairy products. Very mucous forming which is a great medium to grow bacteria
5. Drink lots of clean water. We recommend the Reverse Osmosis process to clean your water.

When you have Colds/Flu

1. No flu shot
2. Zinc Lozenges: these are usually around 15mg of zinc per tablet. (Adults (150lb): 6/day, 100lb: 3/day, 45lb: 1 ½ /day, 20lb: ½ every day)
3. Vitamin C (6000mg to bowel tolerance for 150lb adult; 250mg (20lb child); up to 1000mg (45lb child); up to 3000mg (100lbs). We have a great chewable vitamin C in our office!)
4. Echinacea (Adults (300mg/day for 2 weeks); Children (we recommend a liquid echinacea by "Nature's Answer"...follow instruction on the bottle)
5. Lauricidin (Adults: Start with ¼ scoop (provided in jar) 2-3 times daily for a week or so, then increase dosage to ½ scoop 2-3 times daily until 2 days after your symptoms subside; Children: 3 pellets/day(20lb child); 6-9 pellets/day (45lb child))
6. Get off of ALL Dairy products. Very mucous forming which is a great medium to grow bacteria
7. Drink lots of clean water. We recommend the Reverse Osmosis process to clean your water.

Ear Infections

1. No antibiotics or tubes...
2. Don't do the Prevnar or Ear Ache Vaccine
3. Get off of ALL Dairy products. Very mucous forming which is a great medium to grow bacteria

4. Get adjusted by a Chiropractor to make sure the Eustachian tube is draining properly.

5. Take 2-3 Zinc Lozenges per day until symptoms subside. (1/day for 20lb child)
6. Vitamin C (250mg (20lb child); up to 1000mg (45lb child); up to 3000mg (100lbs). We have a great chewable vitamin C in our office!)
7. Echinacea (Children (we recommend a liquid echinacea by "Nature's Answer"...follow instruction on the bottle)
8. Lauricidin (Children: 3 pellets/day(20lb child); 6-9 pellets/day (45lb child))
9. Drink lots of clean water. We recommend the Reverse Osmosis process to clean your water.

**Don't Guess About Your Health...
Schedule a Nutritional Consultation Today!**

To make an appointment for a nutritional consultation, please call 775-358-6824

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