



## OPTIONS CENTER HEALTH TOPIC



### FLU SHOT OR NOT?

Last year's flu shot debacle was a real bust—with millions of cases of flu caused by the vaccine, and protection from flu estimated at about 50% (your normal odds *without* a shot). Additionally, many developed a serious **Gullain Barre side effect** from the vaccine which crippled them temporarily, and in some cases permanently. And the final insult with flu shots is the **mercury** overload to the brain – and its relationship to memory problems.

It has been discovered that older folks who received regular flu shots over 10 years had **four times** the likelihood of developing brain and memory problems as those who received only one or no shot during the same time. With the new recommendations of flu shots for infants, this problem is even more critical. **After all, infants can only withstand a fraction of the mercury as adults before brain insult or damage occurs.**

And what about children? Well, the medical and pharmaceutical industries are now telling us that all kids age 6 months to 6 years need flu shots. And they say these kids will need *two* shots to get protection. This brings the toxic mercury level from the shots to over **50 times the FDA and CDC toxic level!** The saddest part of this “experiment” with infants and kids is that brain side effects from these vaccines may not be noticed for years – or decades.

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The virus is spread when an individual inhales infected air-borne droplets (following coughing or sneezing by an infected person) or comes in direct contact with an infected person's secretions (e.g., kissing, sharing objects, such as eating utensils). Viruses may also be transmitted from contact with infected surfaces, such as doorknobs, handles (i.e. grocery carts), elevator buttons, and telephones.

A hypothesis proposed in 1928 by Richard Simmons, M.D. asserts that the viruses enter the body via the

ear canal. The hypothesis claims that once these viruses have entered the middle ear, they begin replicating and find their way to the tonsils and spread through the respiratory tract from there.

*Educational information compiled by  
Linda Ryan for MediHerb*

So why get a shot at all – with such dangers and with so little (if any) benefit? The answer is easy. The vaccine makers scare you into getting shots. Yet even with increasing numbers of people getting shot up each year, an amazing thing has happened over the past two decades. According to an article in the San Jose Mercury News, Sept 17, 2004, the number of people needing hospitalization because of the flu in the past two decades has **increased substantially.**

Now wouldn't you think that if flu shots worked and millions more are taking them each year, there would be less cases of serious flu? Just the opposite is the case. It is amazing how you simply can't hide the truth. In some hospitals, less than 50% of doctors and nurses opt for flu shots, even though they are free!

Instead, forget the shots and thereby avoid the flu from the shot, prevent any serious side effects, and protect your brain. Rather, get healthier for the flu season – what a concept. Eat less junk, get outside, get some exercise, eat whole foods with plenty of them raw, and take a preventive measure in the form of whole food supplements **to support your strength and immunity** against the flu.

The very best thing you can do, according to Dr Bruce West, is to use a product from Standard Process called **Congaplex** at a dose of three to four daily during flu season. Babies and infants can take one daily, Dr West says.. At the very first sign of a cold or flu, Dr Bruce West says: take two **Congaplex** every waking hour for the next few days or until the cold or flu is resolved. In almost all cases, this formula will prevent flu, soften the effects of colds or flu, and often stop any cold dead in its tracks in 24 to 48 hours.

- Dr. Bruce West  
*Health Alert Newsletter, November  
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### OPTIONS ALSO OFFERS YOU

- ✓ In addition Options offers other immune enhancing supplements as well.