

McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

A NEW SLANT ON FLU JABS:

In Vancouver a BCTV reporter (British Columbian television), commenting on the then current flu epidemic that was overloading hospital emergency wards claimed that of 32 people who were vaccinated, 30 caught the flu. Immediately the news anchor intoned "It's not too late to get your shot". How does a 93.75% failure rate for the vaccine translate into a 70% effectiveness which was how it was being "marketed". It was in fact a success rate of 6.35%. An amazing underachievement, since the average placebo response to distilled water injections is 30% - even to cure chronic low back pain. How does such a drug get past federal health regulators?

According to Hugh Fudenberg, MD, the world's leading immunogeneticist if an individual has had 5 flu shots between 1970 – 1980 the chances of getting Alzheimer's Disease if 10x higher than if the person has had one, two or no shots. He felt it was due to the mercury and aluminium that is in every flu shot. The gradual build up of these metals in the brain causes cognitive dysfunction. Is this why the number of those suffering from Alzheimer's is expected to quadruple?

Creating herd immunity through mass vaccinations seems to be justified in the name of sacrificing a few for the greater good of the majority. It means people are expendable. Some would call this premeditated murder.

Vaccines consist of mainly three categories of ingredients. (i) cultured bacteria and viruses. (ii) the medium in which they are cultivated e.g. chick embryo, chicken or duck egg protein, pig or horse blood, dog or monkey kidney tissue, calf serum, rabbit brain tissue, aborted human fetal cells. These are injected straight into the blood stream. They are not subjected to the stomach's hydrochloric acid. Like insect stings or snake bites, these foreign proteins & other toxic by-products have the potential for a mild to severe or fatal reaction. (iii) stabilizers, neutralizers, carrying agents & preservatives such as formaldehyde, mercury & aluminium. Formaldehyde is a known carcinogenic & is used to embalm the dead. There is no safe level of it to inject into a living organism.

For most people flu is unpleasant but not a serious illness. Babies whose immune systems are immature, and people with compromised immune systems can protect themselves from a serious attack by taking vitamin C. (This should not be taken all winter long

however). There are also plenty of effective homoeopathic remedies to stop the onset of flu: **Gelsenium** for those with severe muscular pain; for the shivery feeling you have when you feel "flu coming on" take **Osciococinum**. **Eupatorium Perf** can help feverish symptoms with severe bone pains whilst those with severe aching pains all over the body which are worse on motion and often accompanied by severe constipation would benefit from **Bryonia**. **Rhus Tox** works well for cases brought on by exposure to dampness or getting wet in rain - there will be sneezing & coughing with the cough worse in the evening & depression with nightly restlessness.

BIRD FLU:

Is the West threatened? There is no doubt that wild birds will eventually bring bird flu (A)H5N1 to domestic bird populations in every part of the world. Wild birds (well nourished with robust immune systems) are rarely made ill by the infections themselves but are only 'carriers'. The birds more prone to 'catch' the illness are those living in unhealthy, overcrowded conditions such as in factory farming. However, the virus continues to mutate (**note all flu viruses mutate which again reinforces how ineffective a vaccine must be for it cannot anticipate mutations**)& has now also infected pigs, horses, cats, tigers, leopards, whales, seals and (a very few humans). In humans, only one *possible* case of human to human transmission has been identified to date, between a child, a mother & an aunt in Thailand. All three family members, however may have been exposed to, say, diseased poultry.

But how likely is it that (A)H5N1 bird flu will 'marry' with a human flu virus, creating a strain of flu which harms and spreads easily between humans living in more industrially developed countries who (a) are not massively exposed to flu type (A)H5N1-ridden animals living in overcrowded conditions, and (b) are relatively well-nourished and have reasonable immune systems. John H. Beigel thinks the likelihood is low: "The relatively low frequency of influenza (A)H5N1 illness in humans despite widespread exposure to infected poultry indicate that the species barrier to acquisition of this avian virus

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SUPERFOOD FOCUS – WATERCRESS

KINDNESS & HOMOEOPATHIC COURSE

is substantial. W.H.O. figures confirm that there is as yet little evidence of a growing human epidemic. In the first three months of 2004 there were 23 confirmed cases resulting in 16 deaths from July to October & 64 cases resulting in 21 deaths in the first ten months of 2005, in effect a modest decline. Also the Thai child-mother-aunt transmission spread no further, suggesting that the human form of (A)H5N1 bird flu is not very infectious.

Conspiracy?: Conspiracy theorists have noticed that Tamiflu (the recommended flu vaccine) sales will make the US Defence Secretary Donald Rumsfeld immensely richer. As the chairman of Gliead, the company which developed Tamiflu, & now receives royalties from every sale of Tamiflu made by manufacturer-under-licence Roches Laboratories Inc. He probably just struck lucky. Although Tamiflu's equally effective rival, Relenza, is slightly cheaper (£32 rather than £38 a course) it is delivered by an inhaler, presenting problems for people with asthma or other chronic lung diseases.

WATERCRESS...

...seems to be a superfood forgotten by many & reduced to a garnish, yet it used to be a staple source of nutrition. Provided it is grown organically it is a veritable powerhouse of goodness.

Just 100g (3.5oz) supplies 100% of recommended adult intake of Vitamin C, 52% of the recommended adult intake of Vitamin A. It delivers more iron than spinach & more calcium than milk by weight. The mustard oil which gives its leaves their peppery taste is thought to be anti-carcinogenic. One US study showed that smokers eating 50G of watercress a day were able to rid their bodies of higher levels of tobacco carcinogens through their urine.

Whilst cooking watercress takes some of the goodness from it consider lightly cooking it in some butter & adding to a scrambled egg if you can't face eating a whole plate of it for salad.

MICROWAVING FOOD:

A research project has shown that cooking or heating food in microwave ovens can cause it severe molecular damage which, when eaten, leads to abnormal changes in human blood. These changes can cause deterioration of the immune system. In this small but well controlled trial eight people were given either normally cooked or microwaved food over a few days. Blood samples were taken before & at several intervals after meals. Whereas the blood samples of those eating normally cooked food showed little change, the blood of those who had eaten microwaved food showed a drop in lymphocytes, the white blood cells critical to immune system activity.

So how dependent are you on your microwave? Do you use it to defrost food? Could you take the item out in the

morning or put it to simmer gently in a pan whilst you do something else? Do you use it to cook a meal? Could you revert to your oven and read a book while it takes those extra 20 – 30 minutes to cook? Sit and talk to your partner, child, have a glass of wine? There is much written about "slow food". It might be worth stopping and thinking about whether you can at least reduce the amount you use a microwave.

A book worth reading: "Not on the label" by Felicity Lawrence. There was some comment in the press when this was published but I had no idea that the book would be quite so horrifying and fascinating. Read it! One critic said "Superb, chilling, excellent. There are not many books that make you radically reconsider everyday choices. The facts simply stagger"

HOMOEOPATHIC COURSE:

Learn how to use assorted homoeopathic remedies for all sorts of ailments:

THURSDAY 28th SEPTEMBER, 10 – 12.30.

Contact Fiona J.McKenzie for more details.

"It's a fun, really useful and highly informative few hours. I recommend it highly" Mrs Horton, W8.

PARTING THOUGHTS

KINDNESS: Is this something you value? A friend's friend recounts the following story: As he was paying a cab driver in NYC he said "Thank you sir". At this the driver leaped, ran around the back of the cab, and opened the door for his passenger. Startled, the man got out and said to the cab driver, "You didn't have to do that" to which the driver responded, "I wanted to. You are the first person in this country to honour me by calling me sir, and I thank you for that respect". The man had never before considered the power inherent in a respectful gesture, but from then on, kindness became the pillar upon which he built his life and the legacy he hoped to pass onto his children. That exchange, he said, changed his life. He understood at the deepest level that we are all the same.

A to-do list:

If provoked by the above story, here's some more ideas to inspire. Do them should an opportunity arise:

Hold a door open. Smile. Offer a kind word & encouragement. Give a compliment. Listen without interruption. Make a call when your intuition tells you to. Pray. Be grateful. Forgive others & yourself. Prepare a meal for a friend. Refrain from judging another person harshly Remember that life is full of miracles & have faith that every difficult situation can change in a blink of an eye. Remember the truth that there is no such thing as a small or insignificant act of service. Keep your power & attention in the present time. Begin & end the day in an attitude of gratitude.